

Half the country in moderate drought

The Portuguese Met Office's monthly report for March has revealed that half of Portugal was in a moderate drought situation, 13 percent in severe drought and 37 percent in mild drought. (See P. 2)

EN125 Portugal's most dangerous

With seven designated 'black spots', the Algarve's EN125, a national road that crosses the entire region, has been declared by the National Road Safety Authority as Portugal's most dangerous, followed by Setúbal's EN10, which has five 'black spots'. (See P. 4)

Albufeira best for quality of life

A national newspaper in collaboration with two investigators have together compiled a study in which Albufeira was found to be the Portuguese city that offers the best quality of life. (See P. 5)

Portugal to have more cars per capita than Japan

According to a forecast conducted by Cetelem (the biggest European company of consumer credit), in four years, Portugal will have 583 cars per 1,000 people, whilst Japan will have 525. (See P. 9)

Seven day weather outlook

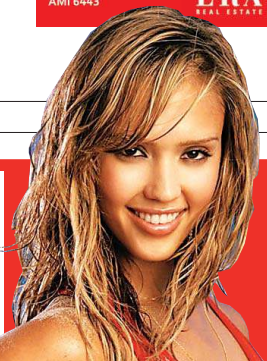
Lisbon: Light rain is set to affect the capital for much of the weekend, with temperatures falling beneath the 20° mark. After a cool start to next week, Lisbonites will experience temperatures well into their 20s. **Faro:** After a rainy weekend, "summer" will return to the Algarve next week with sunny skies and hot days. **Oporto:** As is the case with Lisbon and Faro, rain will dominate this weekend, followed by a cool, but rain-free start to the week.

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Minister calls for reforms to "one of the most rigid labour laws in the world"

GOV'T TO RELAX LABOUR LAWS



CGTP staging a demonstration against new labour laws in Oporto on Thursday. (Photo: Lusa / João Abreu Miranda)

The government is in the final stages of adopting ground-breaking reforms to the country's labour laws. The Minister of Labour and Welfare has this week spoken out against these laws, saying they are among the "most rigid in the world". Calling for reforms, such as the implementation of the controversial flexicurity labour practice, Vieira da Silva is risking the wrath of trade unions whose members gathered this week in their thousands across the country to protest against these planned reforms.

Labour, see p.18

PM pledges ten percent energy cut by 2015



Prime Minister José Sócrates has said that his Socialist government would approve an energy efficiency plan for Portugal next week with the goal of reducing power consumption by ten percent by 2015.

Prime Minister Sócrates, in an appearance before parliament, also announced that a 70 million euros Renewable Energy Fund would be opened by the end of the month to aid energy efficiency and renewable energy projects.

The National Plan for Energy Efficiency Action, he said, would allow Portugal to "overtake targets" set by the European Union for 2015.

He said the goal of reducing energy consumption by ten percent

would be achieved through "contributions from various sectors", with the government setting the example by creating conditions for power savings of 12 percent in the state sector.

TPN/Lusa

Up to 40 litres of potable water a day flushed away

Each Portuguese uses 40 litres of water daily which is good enough for personal consumption, in sanitary installations and flushing, when recycled sewer water could do the job, says a specialist.

"On average, around 95 percent of the public water systems made available for consumers in domestic usage, doesn't need to be of quality for human consumption" civil engineer and health worker, Amílcar Ambrósio said this week in comments to the Lusa News Agency.

According to him, five litres of water a day is enough for a person to drink and cook food, although the water consumption per capita is about 120 litres a day.

He defends residual water should be used, not only in sanitary installations but also for other purposes, such as irrigation, urban hygiene, construction, fire fighting and industrial use. *Águas do Oeste*, a company working in Leiria and Lisbon, al-

ready has plans in progress for this kind of process.

Amílcar Ambrósio already anticipates negative reactions from populations that might think twice about using water with lower quality, if the process is not explained and the eventual advantages it will bring. One of the main

benefits will be the price, which will be almost halved.

"It is positive for consumers and not necessarily negative for the entities that manage the systems" supports the specialist, although they would have to finance the establishment of new networks.

Half the country in moderate drought

The Portuguese Met Office's monthly report for March has revealed that half of Portugal was in a moderate drought situation, 13 percent in severe drought and 37 percent in mild drought.

March was classified as a dry or extremely dry month in all regions of the country, and rainfall from 1st September to 28th March was 80 percent lower than averages registered from 1961 to 1990.

As for temperatures, this March was the second coldest over the past 19 years

when looking at the average minimum air temperature, only beaten in 2004 when the average was a mere 6°C.

After temperatures having surpassed the normal values for the season in the beginning of April, the second week of this month consisted of rain and strong winds all over Portugal.

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Madeira is “Europe’s Zimbabwe”, says Socialist leader



The leader of Madeira’s Socialist Party (PS/M), João Carlos Gouveia, has this week likened the Portuguese autonomous island region of Madeira and its current political affairs to those of troubled African country Zimbabwe by saying: “Portugal is Europe’s Zimbabwe”. He argues that he is completely justified in making this scathing comparison as believes citizens’ constitutional rights are being limited by the Madeiran constitution.

João Carlos Gouveia made these comments following a speech by Portuguese President Cavaco Silva at a dinner held in the Madeiran parliament during an official visit to Funchal this past week.

Reportedly he considered President Cavaco Silva’s speech to be “of someone who does not want to give in to the systematic bribery of the regional government’s governor [Alberto João Jardim] and respects what is institutional in the region”.

Gouveia also complimented “the great works that were done in proportionally developing April 25th [the revolution], which was realised by the governing bodies, and which radically changed social and economical life in Madeira”, though still complaining “the future is bleak” for citizens of the island-region.

He further took the chance to

criticise the fact “this very constitution limits the President’s direct relationship with the Madeiran people, as they voted to elect him, though when they wish for his intervention, they must go through their republican representative”.

An appeal was made to journalists that they “break down the praetorian barriers, which is commanded by he who exercises power in Madeira autocratically and is made available to the Republic President to stop Madeiran access to the Head of State”, in a clear reference to Governor Alberto João Jardim, who has been ruling in Madeira for 30 consecutive years.

“Madeira is Europe’s Zimbabwe, as journalists are not allowed to have an exempt or impartial attitude when citizens’ rights, freedoms and guarantees are infringing upon”, he accused.



Madeira’s Socialist Party leader, João Carlos Gouveia, talks to journalists after meeting with President Cavaco Silva in Funchal on Wednesday. (Photo: Lusa / Manuel de Almeida)

Algarve courses need to be more water conscious, says study



In the Algarve there are 29 golf courses that use ten million cubic metres of water a year, but none of them are five-star when speaking of water management, according to a water specialist.

The Algarve is considered one of the best golf destinations in the world, but hoteliers do not deserve the five star emblems for their water collection methods according to hydrology expert of Algarve University José Paulo Monteiro.

“There is no five star golf course that simultaneously brings together the good practices in irrigation, water collecting and monitoring the environmental impacts of their water usage”, says Monteiro.

The study “The typical profile of golf courses as water consumers”, was conducted by the University expert in conjunction with Águas do Algarve in 2006.

“There are 600 borehole drilling companies, but there are no more than ten that do it with high professionalism”, explained Monteiro.

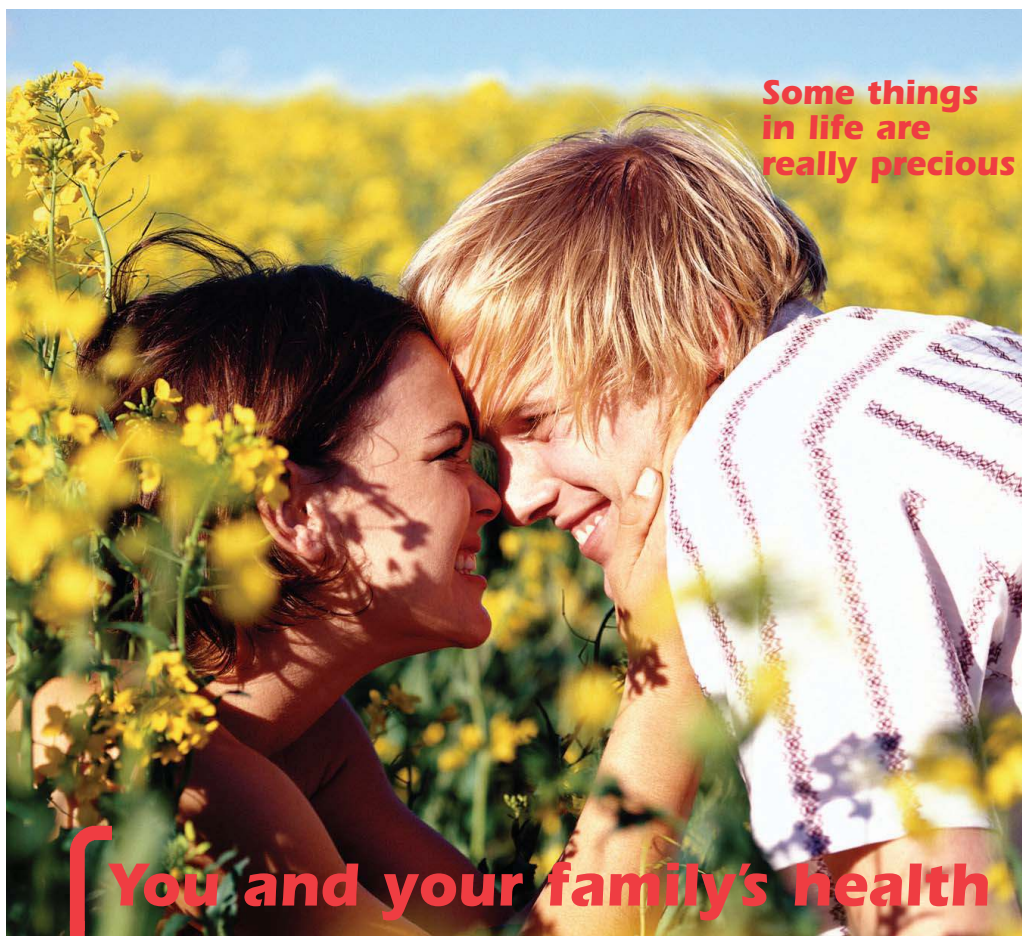
Water used by 19 of the 29 golf

courses originates from boreholes, with all 29 of them having a total of 513 working boreholes. On the other hand, eleven golf courses collect water for irrigation from superficial water, and seven use, only partially, treated residual water from water treatment stations.

Despite the large amount of water used by golf courses, it only represents four percent of the region’s total consumption.

Agriculture is the largest consumer with 72 percent of the consumption at 230 million cubic metres a year.

On the bright side, he says many golf courses have very effective irrigation techniques, using probes to measure terrain humidity, meteorological stations, etc. and if Portuguese agriculture used these techniques Portugal would leap 20 years forward in water management.



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Remarriages account for one fifth of weddings



The wedding ceremony of Prime Minister António with Catarina Vaz Pinto in February. The wedding was presided over by Father Vitor Melícias in the Santo Amaro chapel in Lisbon. (Photo: Lusa / Ricardo Oliveira)



A study conducted by the National Statistic Institute (INE) shows there are more men than women that 'tie the knot' for the second time and also there are more weddings with divorcees than with widows.

The percentage of marriages in which one of the involved has already been married doubled between 1990 and 2006, from 10.5 percent to 20.6 percent of marriages, figures show.

When comparing the characteristics of the individuals that remarry and those that marry for the first time, the first are usually of an older age and have lived with

their partner before marriage, very often they have kids from their previous wedding and do not have any in their new union.

The percentage of widows that retake their vows is very low (0.9 percent of women and 1.5 percent of men).

Altogether the average age of remarriage is 43 for men and 38 for women.

Under-sea quake shakes south-western coast

A deep-sea earthquake measuring 3.7 on the Richter scale rattled Portugal's southwestern coast before dawn on Monday, but caused no injuries or damage, officials said.

The national Meteorological Institute told the Lusa News Agency the epicentre was located in the Atlantic about 40 kilometres northwest of Cape

St. Vincent, the country's south-western extremity.

A fire department spokeswoman in the port of Sines said fire-fighters felt doors and windows tremble around 4:30 a.m., but that they had received no calls for help.

Officials said there were no reports of injuries or damage.

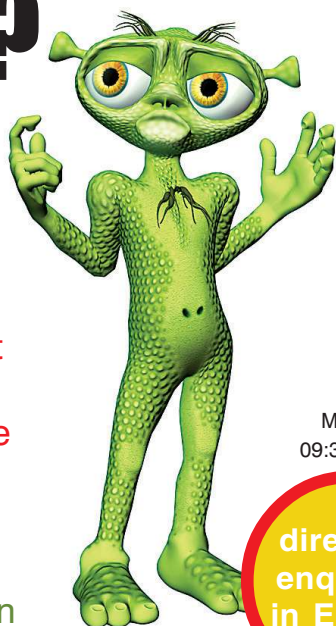
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EN125 hailed Portugal's most dangerous



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A black spot is officially classed as a 200-metre maximum stretch where five serious accidents have taken place in a 12 month period.

In 2007, the EN125 registered a total 46 accidents, from which resulted two fatalities, nine serious injuries, and 62 light injuries.

Prime Minister José Sócrates and his government have recognized the seriousness of the EN125's deteriorated condition and recently announced a total revamp, expected to be complete by 2010 and which will represent a 150 million euro investment.

The EN10, which connects Sacavém to Seixal, passing through Lisbon and Setúbal, was also singled out as a priority. In Lisbon the EN10 hosts two 'black spots', the remaining three being located south of the capital.

Last year a stretch of the EN10 between Setúbal and Coima was subject to legal action and a criminal participation from the Observatory for Safety on Roads and in Cities, which concluded there were 'grave deficiencies' on the road concerning signage and markings.

Lisbon district's most problematic road is the IC19, which connects Lisbon to Sintra.

Five 'black spots' were also identified on this road in 2007, with 21 accidents having occurred on that road, involving 37 vehicles, resulting in one death, two serious injuries, and 27 light injuries.

For the past two years the Alentejo has remained free of 'black spots'.

Off-duty police officer shot in carjacking

Oporto PJ police have confirmed that a 35-year-old man who was shot after a hooded assailant tried to steal his car was in fact an off duty police man.

Officials said that the crime, which took place in Vermoim, Maia, was not related to the victim's professional activity.

A source said "It happened to him as it could have hap-

pened to anyone".

Another source from Oporto's Hospital São João, where the victim is being monitored but out of danger, said he had been shot in the face and the hand and was submitted to general and plastic surgery.

It is believed he sustained these wounds as he raised his hand to protect his face.

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ANGELICAN CHURCH



Foreign Minister Luis Amado during a lecture at the National Institute for Defence in Lisbon earlier this year. (Photo: Lusa / António Cotrim)

Portugal seeking 'regional logic' for relations with southern Africa



Foreign Minister Luís Amado has convened a meeting of Portuguese diplomats, businesses and other organisations working in southern Africa for a brain-storming meeting later this month to elaborate a joint strategy to promote Lisbon's interests in the region.

Minister Amado announced the initiative last Wednesday during a visit to Yemen, saying the gathering would take place in Johannesburg, South Africa, on April 24-25.

He described southern Africa as the region outside Europe that held the "greatest combination of (Portuguese) interests", saying Lisbon should accompany its increasing regional integration with a "regional logic", or approach.

Southern Africa, he noted, hosted Portuguese communities

numbering some 500,000 people, had a strong network of Portuguese diplomatic missions and leading businesses and had benefited for many years from Portuguese cooperation programmes, including defence programmes in Angola and Mozambique, and peacekeeping missions in the Democratic Republic of Congo.

"We must take advantage of the synergies that so many interests represent and move from a bilateral logic to a regional logic", he said. *TPN/Lusa*

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EU updates blacklist of banned airlines

Two years after the establishment of the first Community list of airlines subject to an operating ban in the European Union, the European Commission has adopted the seventh update of the "blacklist".

The Commission is imposing a ban on all operations of an additional Ukrainian airline (Ukraine Cargo Airways), as well as on all operations of the Congolese carrier Hewa Bora Airways. At the same time, the Commission is closely monitoring the progress of corrective actions by carriers such as Mahan Air from Iran, TAAG Angola Airlines, and all Indonesian carriers, all of which at this stage, remain on the list.

Jacques Barrot, Commission Vice-President in charge of transport said, "The conclusion is clear: those states or airlines which fail to act decisively to resolve their safety deficiencies, will be placed on the list. But our objective is not only to identify safety issues, but to resolve them. The Commission will continue tirelessly in its dialogue with States, their civil aviation authorities and their airlines to ensure that they attain acceptable levels of air safety on a sustainable basis."

The new list replaces the previous one and can already be consulted on the Commission's website: <http://ec.europa.eu/transport/air-ban/>

Smallest EU budget surplus ever



In 2007, EU member states' contributions to the European Union budget almost exactly matched the agreed spending for the year so that there was the smallest EU budget surplus ever with a 90 percent drop from 2000 and a steady 17 percent decrease from 2006.

The continued downward trend reflects the European Commission's efforts to ensure member states' payments to EU coffers are limited to what is strictly necessary.

The end-of-year surplus - the difference between all EU budget revenue and spending - amounted to only just over one percent (€1 529 million) of the total €113.846 billion agreed spending for 2007.

"The amount that member states were asked to pay to the EU budget in 2007 corresponded very closely to what was spent. This is good news" said Dalia Grybauskaitė, EU Commissioner for Financial Programming and Budget. She added, "Effective forward planning, less red-tape and good

budgetary management made it easier to get new programmes rolling faster in 2007, helping member states direct EU cash to where agreed needs lie".

Since the introduction of financial management reforms the past years, budget surpluses have fallen dramatically since their peak in 2001.

Crucial to the level of the surplus is the implementation of voted budget payments as they make up most of the EU's spending. And even though the year 2007 - like 2000 - was the first year of a new Financial Framework, the implementation rate of payments still reached 99 percent, contributing, among other things, to a record low surplus.

Baby run over by grandfather

A 14-month-old baby was tragically run over and killed by her grandfather who was reversing out of the family home garage, in Coruche. The accident occurred last week Saturday at around midday, on the family residence front patio, which opens directly on to

the municipal road 515 and links Coruche to Benavente.

Firemen and INEM emergency rescue units were called immediately, but the baby was declared dead on the scene.

A group of psychologists is with the family.

A New Property Finance Service For The Algarve

Blevins Franks have appointed Adrian Hook as their dedicated property finance consultant for the Algarve. This appointment is inline with Blevins Franks' commitment to providing high quality local services to local individuals. Adrian is working alongside Gavin Scott, their established investment and tax planning consultant.

Adrian's financial services career spans over 12 years. After obtaining Financial Planning Certificate III and advising on Pension & Investment business for some years, Adrian decided that property was the way forward. Adrian remembers, "Back in the mid 90s it looked to me that low interest rates and mistrust in the pension market would drive a property boom".

He joined Bradford & Bingley's new independent mortgage advice arm "Marketplace". During this time he had access to John Charcol's brokers systems and training and completed the Certificate in Mortgage Advice & Practice. Adrian says, "This was a great opportunity to hone my mortgage skills, market knowledge and learn from the best".

Over the past four years Adrian ran his own mortgage advice business in the UK. He has now moved to the Algarve to become the local Blevins Franks consultant for this specialist market.

Adrian says, "Even though I am now based in the Algarve and of-

fering advice on property finance in Portugal, I will still keep abreast with the market back in the UK with my own customers... some of whom can't wait to come and visit my new office location! This places me in an ideal position within the Algarve; I have working knowledge of both the UK and Portugal property markets which means I can look at lending needs from both angles and put the best solution forward".

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- Investment purchase
- Referral services for Fiscal Representation and FX transactions

The Portuguese mortgage market has evolved so that more and more international banks lend money for Portuguese property. Even better news for the market is that local banks will now lend to non-residents. This

increase in choice for finance requirements should, in theory, lead to more competition and better deals. More choice however can also lead to more complexity in determining which is the most appropriate arrangement for your circumstances. As a result more FX and Fiscal Representation companies now offer mortgage advice.

It is however important to seek advice from a solid, reputable company, one with years of experience in the mortgage market and whose advisers are mortgage consultants rather than just mortgage brokers. With the current credit crisis making borrowing more difficult, guidance from a professional mortgage consultant is more invaluable than ever.

Blevins Franks has provided advice on UK and overseas mortgages for 25 years, through Blevins Franks Mortgage Services based in London. While they have already helped many people finance their Portugal property, they have now brought their mortgage desk to the Algarve. The Blevins Franks Property Finance serv-

ice offers a more personal and locally based mortgage advisory service here, and provides advice of a very high standard in this evolving and competitive market.

For more information on the new Blevins Franks Property Finance service, contact Adrian Hook on 289 350 150 or adrian.hook@blevinsfranks.com

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President Ramos Horta reassumes duties

São Tomé to get new Portuguese aid package

The prime minister of São Tomé and Príncipe, Patrice Trovoada, will pay a three-day visit to Portugal next week during which he will sign a new aid accord with the archipelago's former colonial ruler.

An aide of Prime Minister Trovoada told the Lusa News Agency he would travel to Lisbon next Monday after a brief visit on Sunday to Libya, an increasingly important aid partner for the Gulf of Guinea islands.

In Lisbon, Trovoada, who came to power at the head of a coalition government two months ago, will ink a new bilateral aid framework accord worth US\$45 million, the STP official said.

He was also scheduled to hold talks with President Aníbal Cavaco Silva, Prime Minister José Sócrates and former head of state Mário Soares.

Trovoada will be accompanied on his visit by his foreign, justice, parliamentary affairs and health ministers. TPN/Lusa

President José Ramos Horta, almost fully recovered from an assassination attempt, returned from Australia to East Timor and his presidential duties Thursday, according to an aide.

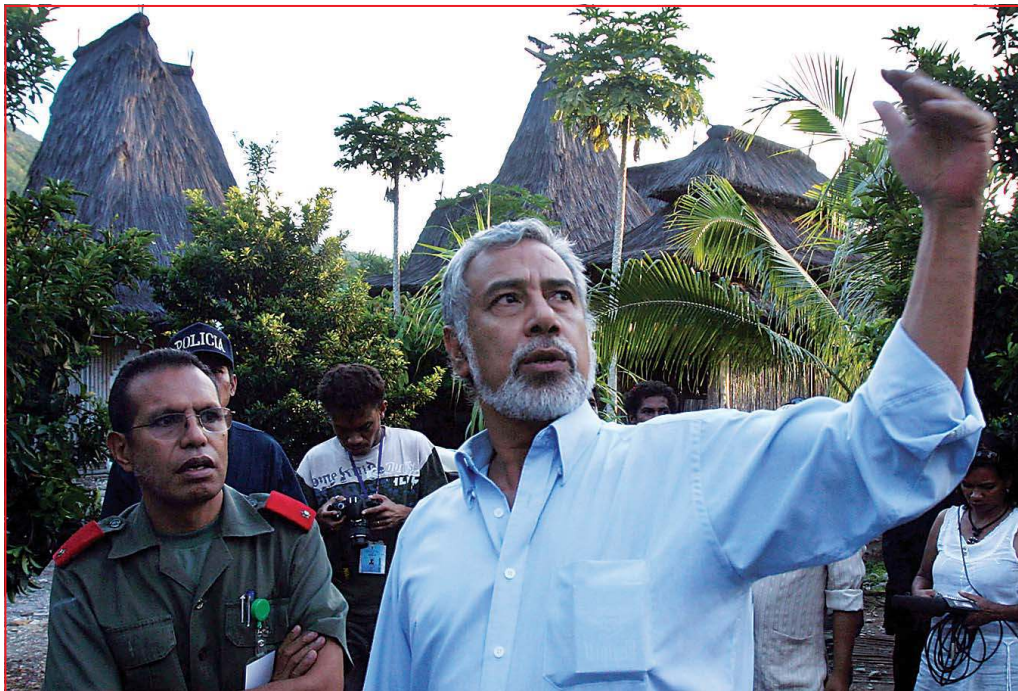
The aide had told the Lusa News Agency on Tuesday in Darwin, where Ramos Horta underwent several operations and physical therapy for three bullet wounds suffered two months ago, that the Nobel peace laureate was scheduled to have arrived in Dili shortly after mid-day Thursday.

Interim President Fernando Araújo, who spent two days in preparatory meetings with Ramos in the northern Australian city, said Tuesday the Timorese head of state was "80 percent recovered" from his wounds and was "in condition to assume his (presidential) functions".

Ramos Horta attended a dinner on Tuesday night with the Sino-Timorese community in Darwin.

He was accompanied home Thursday by a small party, including the Timorese ambassador to Canberra and the Australian ambassador to Dili.

TPN/Lusa



East Timor's Prime Minister Xanana Gusmão (R) accompanied by Military Chief Taur Matan Ruak during a security inspection at the residence of President Ramos Horta in Dili, East Timor, earlier this month. Horta spent weeks in a hospital in Australia after suffering bullet wounds to his chest, back and liver in a failed assassination attempt by rebel soldiers two months ago. (Photo: EPA/António Dasíparu)

PM Sócrates to lead delegation to Venezuela



Portuguese Prime Minister José Sócrates will pay an official visit to Venezuela next month at the head of a top-level government and business delegation, the premier's office confirmed this week.

A government aide told the Lusa News Agency the business delegation would include representatives of Portugal's two biggest energy firms, oil company Galp and utility EDP, which is a cutting-edge wind farm developer.

Portugal, the aide said, also hoped to break new ground for its food processing sector during Sócrates May 13-15 visit to Caracas, where he will hold talks with President Hugo Chávez and

meet with representatives of the large Portuguese expatriate community.

From Venezuela, Sócrates will travel to Peru as part of the European Union leadership "troika" for a summit with South American nations.

In a related development, Portuguese community organizations in Venezuela issued an appeal Tuesday for Sócrates to use his meetings with Chávez to urge

the Venezuelan leader to help seek the release of a Portuguese-American held hostage by leftist guerrillas in neighbouring Colombia for the past five years.

Marc Gonsalves, the son of Madeira immigrants to the United States, is one of three US contractors captured by FARC rebels when their coca surveillance plane crashed in a Colombian jungle area in 2003.

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Portuguese company develops innovative real-time person finder

Portuguese Company 'Timebi' has developed an innovative service for mobile phones, somewhat similar to virtual social networking systems, which will allow the tracing of fellow users in real time.

Developers have predicted the service will be adopted by more than one million users worldwide in around three years.

Named 'Wizi', the new technology will allow the locating of any other member on a friend or family network, much like what happens with the 'Messenger' online service.

"A mother will be able to know if her child is at school or at home, and a group of friends will be able to find each other on an outing, all in real time", explained Paulo Dimas, who is responsible for the product.

Individual privacy is safeguarded, as users can choose with whom they share their personal details and current location, and for how long.

"People can become invisible", he said.

During initial stages only a select number of mobile phones will be compatible with the technology, includ-

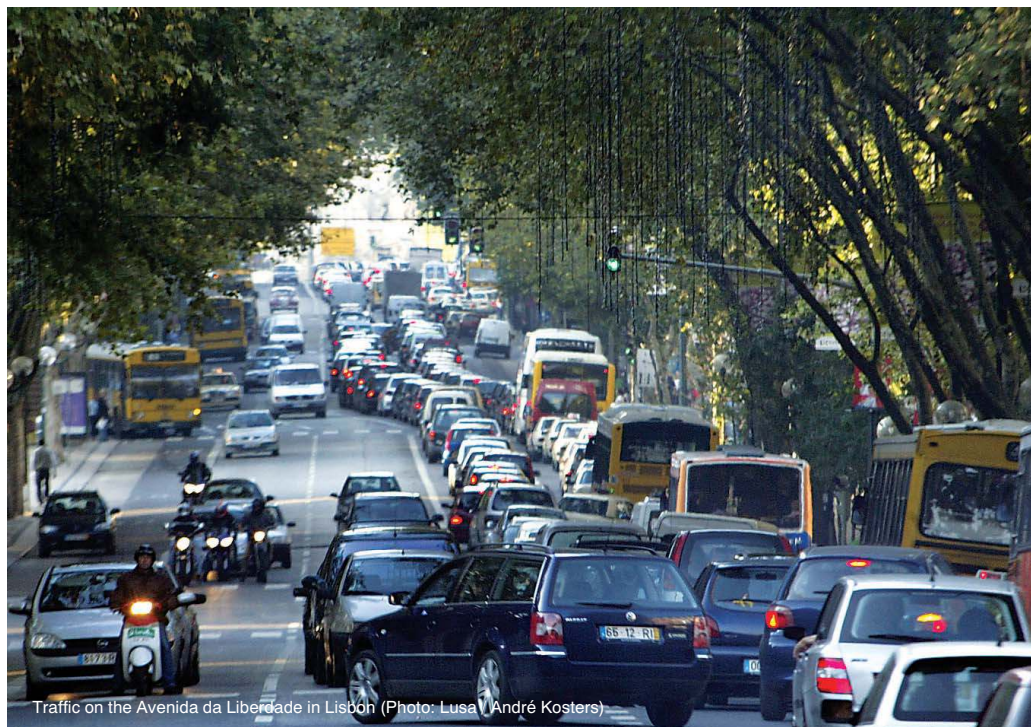
ing the Blackberry, though Timebi is in negotiations with other makes, such as Nokia. "It is the highest sold brand of mobiles. We are working with them to make this facility available [for mobiles of this brand] from the third trimester of this year".

Timebi's pioneering project represents an investment of around €344,000, €189,000 of which will be footed by EU funds, under a National Strategic Reference allowance.

"This will allow Wizi to be internationalised. We are doing all our marketing in English and we will place the product on a global market. Our objective is to compete with other companies from around the world", says Paulo Dimas.

Timbi predicts this new type of technology to eventually gain a user-base that is greater than that of GPS systems.

See more on website: www.wizi.com.



Traffic on the Avenida da Liberdade in Lisbon (Photo: Lusa / André Koster)

Portugal to have more cars per capita than Japan by 2012



According to a forecast conducted by Cetelem (the biggest European company of consumer credit), in four years, Portugal will have 583 cars per 1,000 people, whilst Japan will have 525.

By 2012 it is estimated Portugal will have 10.8 million inhabitants using 4.4 million private vehicles and 1.9 million commercial vehicles.

Japan is one of the largest world markets, together with

U.S.A. and Europe, but the limitations of space have led to restrictions in car usage.

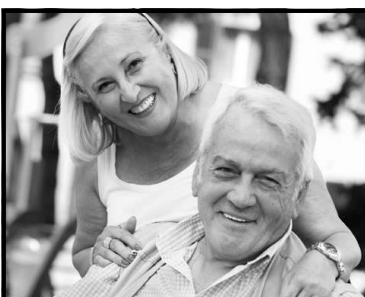
As well as passing Japan, Portugal is expected to have more vehicles per 1,000 inhabitants than the United King-

dom, Northern Ireland and Belgium.

On higher figures are Germany (590), Luxemburg (690), Spain (622), France (598) and Italy (658).

Meanwhile, in 2006, 2.5 used

cars were sold for every car bought in Portugal, a proportion lower than France (2.7) and United Kingdom (3.2) but higher than Germany (1.9), Belgium (1.3), Luxemburg (1.1), Spain (1) and Italy (2.1).



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The Prime Minister of Cape Verde, José Maria Neves, talks to the President of the Regional Government of the Azores, Carlos César, on a visit to Cape Verde, Cidade da Praia last Monday. (Photo: Lusa/Omar Camilo)

Cape Verde calls on Azoreans to invest in brother archipelago



Cape Verdean President Pedro Pires has urged businesses from Portugal's Azores islands to invest in the African archipelago, saying traditionally close political and cultural links should be backed up by economic ties.

President Pires issued the invitation last week after a meeting with the visiting head of the Azores regional government, Carlos César, who leads a business delegation.

The president also said he would consider César's invitation to visit the mid-Atlantic Azores as part of a future trip to Portugal.

President Pires said he was confident the Azorean delegation would "discover opportunities" to invest in Cape Verde, a Lusophone African archipelago that was given "special partner-

ship" status by the European Union last December during the bloc's last summit in Lisbon.

"In some way, it's necessary to overtake political and cultural relations to give them a material base, namely an economic foundation", Pires said of his hopes for increased business ties with the Azores and former colonial power Portugal.

In turn, César said he hoped Pires would soon visit the Azores "to underline the growing and fruitful relationship" between the two Portuguese-speaking archipelagos.

TPN/Lusa

Social Europe can take on globalisation, says new EU study

The European social model is more valid than ever, but needs to get in better shape to take on the challenges posed by globalisation, says a major new study presented by the European Commission this week.

The results will be discussed at a high-level conference in Brussels on 16 April on the social implications of globalisation and how to turn it into an opportunity for the European Union.

"For many Europeans, globalisation is a source of anxiety," said Vladimír Špidla, EU Commissioner for Employment, Social Affairs and Equal Opportunities. "They're worried about their jobs and pensions. But a strong social model and success in the global economy are not contradictory – in fact they have to go hand-in-hand. If we prepare, invest and adapt, globalisation becomes a win-win situation instead of a zero-sum game."

Recent Eurobarometer opinion surveys (May 2006) show that 47 percent of Europeans consider globalisation to be a threat to jobs and companies in their country.

But the new study – 'Is social Europe fit for globalisation?' – argues that these fears are largely unfounded. Some of the most successful economies in northern Europe achieve high employment rates and a much greater degree of income equality than other parts of the world, while also retaining large and efficient public sectors.

Nor, according to the study, is there any empirical evidence that globalisation has led to an erosion of social provision. Social protection spending as a proportion of GDP in the EU has remained remarkably stable over the last two decades, remaining around 27-28 percent since the early 1990s. Similarly, data show continuing progress towards widely supported social aims such as reducing gender imbalances in pay and employment rates, even though these gaps remain sizeable (the gender pay gap in the EU was still 15 percent in 2005). This implies that it is not the extent of welfare provision, but how it is used that most affects competitive success.

But the study also recognises the need to modernise social policies and invest in human resources for the EU to make best use of globalisation's opportunities.

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Tax avoidance on sale of U.S. residence

Jerry Goldsmith worked thirty years as an engineer in California before deciding to take his retirement and move to Europe.

Over the years, he had managed to acquire two properties in his home state, one his personal residence and the other a rental. Married and filing tax returns jointly, he and his wife sold their home for \$375,000 in 2001 and used the proceeds to purchase a new spacious apartment near the Lisbon airport at a time when the dollar was on par with the euro. A \$250,000 gain on sale was excluded from U.S. taxation due to their lifetime \$500,000 credit.

Jerry's pension provided him and his younger wife with \$32,000 annual income. His Social Security added another \$23,000. And the rental property brought in yet another \$1,500 after costs. As year succeeded year, however, Jerry found his income increasingly curtailed by the dollar's decline against the euro. When his former boss in California invited Jerry to work for a half year, Jerry accepted. So in 2006 he worked six months and earned \$55,000.

In 2007 Jerry decided to sell the rental property. Generating \$300,000 in gross proceeds, the property sale would be taxed on \$225,000 profit. Federal income taxes on the gain would cost the couple \$33,750 (\$225,000 x 15%).

Had Jerry and his wife opted to live in their rental property for two years preceding the sale; i.e. converting the rental to personal residence, they would have qualified to exclude this \$225,000 gain from taxation under their remaining \$250,000 lifetime credit (\$500,000 – \$250,000).

Jerry had to pay \$6,000 in federal taxes on the \$55,000 of earnings. He also had to pay out another \$15,000 in transportation and living costs. Thus Jerry was left with \$34,000 in after-tax, after-costs income; about equal to the taxes due on the sale of the rental property.

Surely Jerry's tax life would have been much simplified by his living in the rental property for the required two years. From there he could have worked for his boss six months in both years, saving \$15,000 each year in annual income generating costs (hotels, transportation, etc), and putting the \$33,750 taxes saved into his pocket.

Barron Harper is a member of Albo Euro-Consult (www.albo.org), a consortium of chartered accountants and legal experts on the European continent, and the National Association of Public Accountants (www.natptax.com). He specializes in US International Taxation for American expatriates. www.taxbarron.com / taxbarron@yahoo.com / (00351) 91 935 9809.

Taking banking to the people



Millennium BCP's so-called "Top Seven" – which consists of president Carlos Santos Ferreira, two vice presidents and four administrators – have had a very busy few days in the Algarve. In an attempt to better understand their clients' needs and perceptions of the bank, as well as getting to know both clients and staff on a more personal level, an innovative approach-concept was launched in the Algarve aimed at 'bringing banking to the people'.

On Monday, the seven embarked on a marathon tour of all regional Millennium branches, a whirlwind morning excursion followed by an afternoon of closed-door administrative meetings.

Later in the evening, at 18h00, an invitation-only conference was held at the exclusive Vila Sol resort, Quarteira, featuring guest-speaker Professor Daniel Bessa, covering the very current theme of world economics, Portuguese economics, and the economy in the Algarve.

This was followed by a lavish dinner, to which the more than four hundred clients and associates were all invited.

Guests were also presented with a gift-box in which contact numbers for the "Top Seven" were included.

Bringing banking to the people

in such a personal fashion is an original concept devised by Millennium BCP, in association with newspapers Diário de Notícias, Jornal de Notícias, and radio station TSF.

The Algarve was chosen to launch the first ever Millennium event as it is one of the bank's most promising regions, currently being preferred by 50 per cent of regional SME's and 27 per cent of individual clients.

Upcoming months will see this concept event being held in many other major locations around Portugal.

During his 30-minute address to a packed conference room, Professor Bessa covered topics such as the impending Spanish recession, the affect of the British Pound on the Euro, and the current state of financial affairs in Portugal.

Of the Algarve, he stressed that, whilst diversification could be prejudicial to the region, pointing out that "Errors have been made in the past regarding tourism", the Algarve is currently in a promising position and "getting it right, as long as natural care is taken".

He advised that, to make the most of the current state of affairs, it would require "exportation, investment and consumption".

"The impending Spanish recession has created an opportunity for real estate investors looking to invest in Spain to turn to Portugal, and mainly the Algarve."

"It is a time to be taken advantage of; mount the horse, ride it the best you can, and take as much from it as possible", he said.

Complimentary of the region's current economic status, he urged that the one problem area



Millennium BCP President Carlos Santos Ferreira (Photo: The Portugal News)

– the region's interior – should become "the Algarve's problem, and not a problem for Lisbon or the Government".

Complete self-sufficiency is what Professor Bessa would like to see for the region, suggesting health tourism, and making the most of the sea for biology-related small businesses as two possible new areas to be explored.

Describing the region as "a new Algarve", he underlined how now his perception is that, as a

region, the Algarve grew from "seeing itself as a poor area", to being "totally open to the global market, offering a tourism of the best possible quality".

Things were not painted in such rosy shades for the rest of the country, the national economy, in Professor Bessa's view, now being "driven mainly by medium size companies directed at external markets, and small business, like those founded by universities, that of-

fer innovative technology".

"Foreign investment in Portugal is no longer as easy to attract, and we must not count on it", he warned.

Even so, it was probably one of his opening sentences that set the tone for all present Monday evening; "I have been an economist for 40 years" he said, "and I continue to be surprised."

"The current state of the economy is a reality, and we must live with it and do our best".

PORTUGUESE NOMINEE COMPANIES

Your Choices

by
Dennis Swing Greene

In this series, we review your choices regarding the use of Portuguese Nominee Companies:

1 - Common Characteristics

Nominee Companies are those that do not practice any commercial, industrial or agricultural activity as defined under Portuguese Law. They are "pure" Civil Companies, regulated by the Civil Code. These Companies are subject to the Fiscal Transparency Regime (protection from corporate double taxation).

Nominee Companies may also be constituted under "commercial form", in which case they follow the rules of the Portuguese Commercial Company Code.

Both forms of Nominee Companies enjoy the similar benefits:

A Fully Compliant Solution

Although infrequently used in recent years, Nominee Companies have existed in Portuguese statute law since the 19th century and have been embraced in subsequent legislative reforms over the past 150 years. Therefore, they are fully compliant and are not subject to any of the punitive statutes that have made Offshore Property Companies a pariah: no deemed income tax, no higher Rates bill.

Lower Taxation:

Capital Gains Tax

One of the big advantages of the Nominee Company is a substantial reduction in the Capital Gains rate on the sale

- 1) *Common Characteristics*
- 2) *Redomiciliation and New Companies*
- 3) *Different Versions of Companies*

of the Company when compared to non-resident entities. As a resident corporate structure, CGT assessment is only 10%, some two and a half fold less than the 25% rate that a non-resident company (Delaware, Malta and other Offshore) would be required to pay and the ±20% that resident individuals would normally be assessed. In addition, this assessment is flat-rated, so profits will not push up other income into a higher tax bracket.

Municipal Real Estate Transfer Tax ("IMT")

In addition, there is exemption from "IMT" for the new buyer - it is Company rather than the Property ownership that is conveyed - something impossible under direct real estate acquisition.

Inheritance Tax

Like other assets in Portugal, bequests upon death or gifts during one's lifetime are tax exempt to immediate relatives: spouse, children, grandchildren, parents or grandparents. (All others are assessed Stamp Duty of 10%)

Capital Improvements Never Expire

Unlike direct ownership where expenses can no longer be offset against Capital Gains after five years, any capital invested into

your Nominee Company is always reflected in the Company value. This is important when major remodelling is contemplated, such as new kitchen, bathroom, swimming pool and the like.

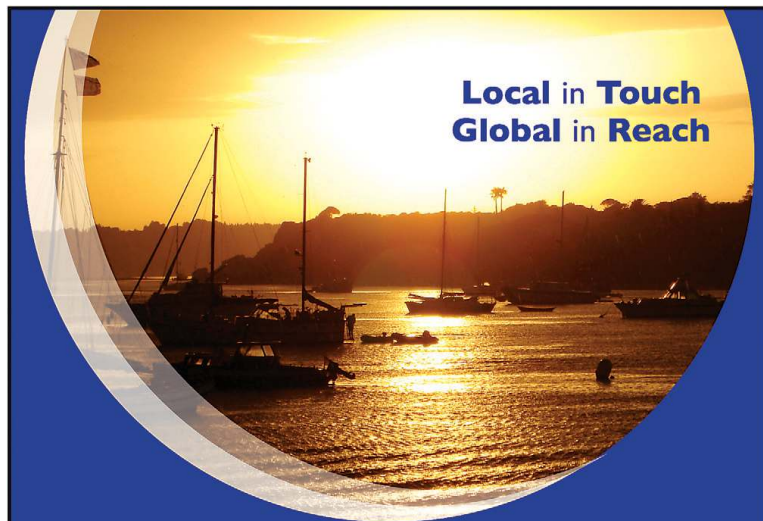
Ease of Transfer

With the property secured safely within the Company, bureaucracy is significantly reduced at the time of sale, cutting costs and complications so often associated with property ownership in Portugal. A simple deed of transfer, declaring the sale of the shares, is all it takes, avoiding the headaches related to licensing, registration and vacillating rules related to property paperwork.

Reduced Closing Costs

In addition to no IMT, Buyers also take advantage of reduced closing costs, avoiding Stamp Duty on property transfer deeds and enjoy greater simplicity and reduced delays in transfers.

Dennis Swing Greene is Senior Partner and International Fiscal Consultant for EUROFINESCO S.A., with offices in the Algarve and in Lisbon. Appointments may be scheduled in Guia (Albufeira) at 289 561 333 or in Lisbon (Chiado) at 21 342 4210.



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Berlusconi: "A Wise Country's Choice"

"This is a wise country, a country that knows when a person is tired and has turned vicious, when it is time to turn over a new leaf." That was the upbeat assessment of Walter Veltroni, leader of the centre-left Democratic Party, just before Italy's national election last weekend. So what did the wise Italians do? They elected Veltroni's adversary, billionaire buffoon Silvio Berlusconi, to a third term as prime minister.



Leader of Italy's Party of Freedom (Pdl) and prime minister Silvio Berlusconi during his speech at 'Matrix' broadcast live Italian television Canale 5, Rome, Italy, 11 April 2008. Voters elected a new upper and lower house of the national parliament by selecting from lists headed by 32 candidates for prime minister, of whom only two — 71-year-old Berlusconi and 52-year-old Veltroni — had a realistic chance of winning. (LUSA/EPA/ALESSANDRO DI MEO / POOL)

"This is a wise country, a country that knows when a person is tired and has turned vicious, when it is time to turn over a new leaf." That was the upbeat assessment of Walter Veltroni, leader of the centre-left Democratic Party, just before Italy's national election last weekend. So what did the wise Italians do? They elected Veltroni's adversary, billionaire buffoon Silvio Berlusconi, to a third term as prime minister.

To elect Berlusconi once, as Oscar Wilde might have put it, may be regarded as a misfortune. To elect him twice looks like carelessness. But to elect him THREE TIMES is beyond a joke, for he is the most transparent fraud to have held high public office in a major European country since the Second World War. He even makes the late Boris Yeltsin look serious and competent by comparison.

What can the Italians have been thinking? They were, I suspect, thinking that the situation is so bad that only a self-proclaimed miracle-worker like Berlusconi might have the magic to fix it. He managed to turn himself into the second-richest man in the country; maybe he can do it for the rest of us, too. And if the magic doesn't work, well, at least he's entertaining.

Berlusconi truly is entertaining, in a crude sort of way. He is a compulsive clown, once making the sign of a cuckold's horns behind the head of a fellow dignitary in a group photo of national leaders. He rubbishes foreign cooking ("The Finns don't even know what prosciutto is"). He makes preposterous promises, like a month without taxes ("We probably wouldn't be able to do it because it would cost too much, but as you can see we don't lack imagination in solving problems"). He claims his Latin is good enough to have lunch with Julius Caesar.

The jokes are deliberately outrageous, and sometimes they are funny: "I'm sorry for having said Communists eat babies. But if you want, I can organise a conference in which I will prove Communists have really eaten babies." When all the other Italian politicians were busily eating buffalo-milk mozzarella cheese in public to prove that it hadn't been contaminated by the garbage crisis in Naples, Berlusconi went to the city, took one nibble, and started writhing in mock agony.

At other times, however, when the topic is women or gays or immigrants, the jokes are brutally cruel: "An AIDS patient asks his doctor if the sand treatment prescribed for him will do any good. No, says the doctor, but you will get used to living under the earth." It's hard to imagine any other mainstream Western leader having a future in politics after saying something like that, but many Italians just think "Good old Silvio."

One wouldn't dwell so much on the clown-like behaviour if it was just the cover for a serious political programme, but there is none in sight. Having made a first fortune in real es-

tate and a second in the media (he owns Italy's three big commercial TV channels), he got into politics in the early 1990s mainly as a way of evading the bribery and corruption charges that were threatening to bring him down. So far, there have been eleven prosecutions brought against him, and both of his closest business associates have been convicted.

Much of the legislative effort during his previous two terms as prime minister was devoted to re-writing the laws to help Berlusconi escape conviction: changing the statute of limitations, for example, so that the charges against him suddenly expired. For all his promises to bring a successful business tycoon's methods to the task of fixing Italy's ailing economy, he made few significant changes, and the slow decay of the Italian state and economy continued.

By now it is getting very serious. The national airline, Alitalia, is about to collapse, and Italians were recently shocked by the news that Spain now has a bigger economy despite having 15 million fewer people than Italy. They were even more startled to learn that the average income in Greece is now higher than in Italy. It is a very long time since the Italian economic miracle of the 1950s and '60s.

So why did Italians give this 71-year-old charlatan a comfortable majority in both houses of parliament in this election, especially when the worst of the decline happened during his previous time in office? Perhaps the best answer lies in something written recently by political scientist and opinion poller Ilvo Diamanti: "Italian society has been hit by a real 'collapse of the future'. Almost two out of three Italians believe that in the near future the young will have a worse social and economic position than their parents."

This is despair. People in this frame of mind do not always make rational choices, and in choosing Berlusconi they are looking for magic. But he doesn't have any magic, and after five more years with him at the helm — he has the majority to last a full term — it is quite likely that Italy will even have to bail out of the euro. The Italian state is slowly collapsing before our eyes.

Gwynne Dyer is a London based independent journalist whose articles are published in 45 countries

His new book, "After Iraq", has just been published in London by Yale University Press.



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The Leite Monteiro Trophy



The Tagus Golf Society held the third event in its 2008 golfing calendar with the Leite Monteiro Trophy competition at Estoril Golf Club on Friday, 11th April.

When at 8am the contenders were getting ready to start the competition, the heavy rain and strong wind earlier in that morning was still threatening to spoil the day's golf. This did not however discourage 30 odd intrepid members and guests to face the threat, venture into the elements and play this Individual Stableford competition. To everyone's satisfaction the weather improved, with players finishing the 18th hole reasonably dry, were it not for the wind that pre-

vailed throughout the morning.

Vitor Campos came in fourth with 31 points, with the third place going to Sally Buxton with 33 points. In second place was Denys Stormont with 34 points. The winner of the competition was José da Silva, who achieved a commendable 35 points (or 32 gross points) particularly under the weather conditions. He was later presented the Trophy by the Captain, Fernando Duarte and the Trophy's donor, Chico Leite Monteiro, who also donated a special bottle of Sercial Madeira. Chris Judd received this competition's captain's prize.

The Nearest to the Pin prize was won by Brian Hughes and Longest Drives by Sue Leite Monteiro for the ladies and Auke Boss for the gentlemen.

Golf was followed by the usual prize giving dinner, this time at the Restaurant 'A PONTE' in Alvide, Cascais, which all classified as a *two fork tasca*, one for the excellent food and two for the commendable good service.

The next event is on the 25th and 26th April in Estoril, when the annual two day competition against The Douro Golf Society this time hosted by the Tagus Golf Society will take place.

Man sets sofa on fire and flees after police interrogation

A man has set a sofa on fire at his Loures apartment north of Lisbon, which he shared with another couple, in what was a successful bid to escape police questioning.

Loures Fire fighters and PSP police were called to the location on Monday at around midnight, after neighbours heard screaming and saw smoke coming out of the apartment's window.

The man, around 40 years old, was aware his friends were sleeping when he lit the sofa in the living room.

The fire, not causing any injuries, was quickly extinguished. Agostinho Gonçalves, sus-

pected of starting the fire, and the couple that resided with him were questioned by the PSP and just as the authorities were leaving the location, the suspect jumped out of the window and ran away.

Speaking to Lusa, Alexandra Resende, one of the tenants, explained Agostinho Gonçalves "is going through a depression because his wife is hospitalised, and he has alcohol-related problems".

According to witnesses it is common for arguments to break out in the particular apartment and this is his second attempt of torching the house.

Public tender launched for new Lisbon Hospital

Prime Minister José Sócrates this week officially launched a public tender to find constructors for the future Todos os Santos hospital, planned to be complete and fully functional within the next five years.

Set to cost the government 200 million euros, the new unit will take shape in Chelas, the Eastern side of the Lisbon.

It will substitute the S.José, Capuchos, Desterro, Santa Marta and Estefânia, which merged in 2004, to operate under the name Hospitalar de Lisboa Central.

The new hospital will "primarily serve the population of its geographic immediacy, within Lisbon city and the county of

Loures, secondarily the entire region of Lisbon, and thirdly other regions outside of Lisbon and Vale do Tejo", said then health Minister Correia dos Campos at the time of the project's presentation in 2006.

Built on plots pertaining to the Bela Vista Park, through state and private entity co-financing, the new hospital "will have everything a tertiary Hospital should have, including a unit for severe burns".



José da Silva (middle) receives the Leite Monteiro trophy from Nicky McIver and Tagus captain Fernando Duarte.

GP festival swoop leaves dozens detained

An arbitrary PSP police vehicle-and-driver check, which took place over the weekend on the Avenida Marginal during a Moto GP festival held in Carcavelos, resulted in 12 arrests and 39 bookings, 15 of which related to drink-driving offences.

Held to commemorate the Estoril Moto Grand Prix, the festival was one of the weekend's main attractions.

Police carrying out random vehicle inspections were positioned between the Avenida Dom Jorge V and the Variante no 6 - A-5 roundabouts, to reinforce road safety and prevent criminality.

Eight people were detained for driving over the limit, three for not having a driver's license, and one for resisting and coercing an officer.

Various fines were issued, for offences including lack of paperwork, MOT stamps, driving under the influence of alcohol, recklessness, and other driving-related crimes.

Ten establishments were subject to fiscal checks, one being charged with lack of auto-protection licenses, another fined for not complying with legal timetables.

According to Lisbon PSP police, 15 different rapid intervention teams were involved, along with six teams of the Intervention Core, four officer/dog duos, 28 police motorcycles, two radars, ten patrol cars with respective teams (20 officers) and 92 specifically-employed officers, amongst others.

August 'free passage' on April 25 Bridge under threat

Public Works and Transport Minister Mário Lino has said that, with regards to the annual 'free passage' on the April 25th, which occurs every year in the month of August, "no official decision has been made yet for this year".

However, Prime Minister José Sócrates said that he has not been informed of any changes to be made to the exist-

ing legal concessionary documents.

For the past few years the government has footed the expenses lost by the bridge's concessionary Lusoponte during the mid-summer month when all tolls are waived. This has varied between 30 and 40 million euros.

Negotiations between the state and Lusoponte were taking place to review the present contract for

Lusoponte's concession of the 25 de Abril and Vasco da Gama Bridges, though have, for now, been interrupted as costs must be reassessed with the imminent arrival of future bridge number three, from Chelas-Barreiro.

Concession exclusivity on any bridge over the Tagus River was assigned to Lusoponte in a contract established in 1994.

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WRVS - Social Tea

The next WRVS Social Tea will be on Tuesday 22nd April at 3pm at Quinta da Fonte (British Retirement Home) in São Pedro do Estoril.

Billie Dickson will give a talk about Sign Language for the Deaf.

Tea, sandwiches and cakes will be served.
Everyone is most welcome.

Entrance: €1

Please phone 214 688 694 for more information.

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Only three weeks to go before the gates open on the Algarve's favourite Fair



Street entertainers will be found all around giving a carnival atmosphere, with live music on the central green.



Chilled champagne and South African Rosé wines will be available to the public in the garden section, as well as accompaniment to harp music by Harp John.

WESTERN ALGARVE

Recently, *The Portugal News* publication conducted a national survey with the ex-patriots, with their views on a wide range of subjects such as Politics, Economy, Health, the Retail Industry and many more subjects. Sónia Seixas from *The Portugal News* will present the results of the Survey, which represents the foreign communities' voice and opinions on subjects which affect us all in our business and personal lives. Guests and members will be given a chance to discuss and debate the results of the survey and their own personal opinions.

Wednesday April 23rd 2008

Network Lunch at Cottons Restaurant, Alto Club, Alvor

12.30 pm for 1.00 pm – Time to Network

Cost: Members: €15 Guests: €20

Please book no later than noon on Monday, 21st April



The Association of Working & Business Women
A Rede Associação Profissional Feminina em Portugal

Contact Paulette Fouché, Network Co-ordinator
Tel/Fax: 282 415 843 Email: info@networkalgarve.org
www.networkalgarve.org

The old adage goes, "all the fun of the Fair", and that's exactly what the International Algarve Fair sets out to provide, a great day out for all the family. Entertainment is central to the Fair, and this year there is even more to see and enjoy. For the kids, the Lagoa Firemen will have their fire engine and the opportunity for children to put out a fire (don't worry, it's safe!) and then take home a fire helmet. Puff Park has been moved closer to the restaurants in the ARENA, so parents can enjoy a snack or a meal, or just an ice cold beer and keep an eye on the kids at the same time. This May there are thirteen restaurants and bars to choose from, so whatever you are looking for, a South African barbecue, curry, Cornish Pasties, English pies or fresh fish, it's all there.

Champagne and harp music

In the garden area, there will be a stage with Harp John providing gentle, soothing music that will compliment your viewing of the work of some of the Algarve's leading landscape gardeners. If you prefer to just sit and relax as

you look over the gardens, there is a champagne bar serving bubbly by the glass, or South African Rosé wines, chilled and a superb accompaniment to harp music and delightful gardens.

Street entertainers

In the central area of the Fair there will be the clowns, face painting and other fun activities designed to entertain the children. Street entertainers will be found all around giving a carnival atmosphere, with live music on the central green.

Concerts in the ARENA

On the stage in the ARENA there will be entertainers, bands and groups performing throughout the day, and on Saturday evening the immensely popular Oo-Boop-I-Do band will hold a



The popular Oo-Boop-I-Do band will hold a 1920's concert at the Fairs' Arena.

1920's concert between 18.30 and 20.30, so be sure to get a seat in one of the restaurants in good time, to get the best view. On Sunday evening, again between 18.30 and 20.30, JJ Johns will be performing country and western music and Chris Cottis will be teaching line dancing. So bring your western boots

and Stetsons and join in the fun.

Whichever day you choose to visit the Fair, allow plenty of time, there is so much to see and do. Bring all the family, however old or young, it's a great day out.

The International Algarve Fair
FATACIL showground (on the N125, opposite the Lagoa Fire Station)

Saturday May 10th and Sunday May 11th
11:00 to 20:00

Fair hotline

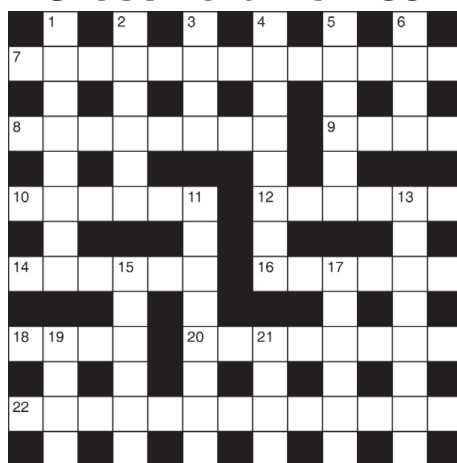
282 380 317

Preview the

Fair at

www.algarvefair.com

The Portugal News Crossword No. 188



QUICK CLUES

ACROSS

- 7. Exhibition (13)
- 8. Headed (8)
- 9. Simple (4)
- 10. Dreaded (6)
- 12. Figure (6)
- 14. Negligent (6)
- 16. Give work to (6)
- 18. Happy (4)
- 20. Large store (8)
- 22. Comprehension (13)

DOWN

- 1. Respite (8)
- 2. Agree (6)
- 3. Applied (4)
- 4. Belief (8)
- 5. Current (6)
- 6. Enemies (4)
- 11. Scatter (8)
- 13. Persuasive (8)
- 15. Really (6)
- 17. Burlesque (6)
- 19. Connect (4)
- 21. Plot (4)

QUICK SOLUTIONS No. 187

Across: 1 Tomb; 8 Additional; 9 Wardrobe; 10 Same; 12 Heaven; 14 Thirst; 15 Stylus; 17 Needed; 18 Slur; 19 Attitude; 21 Lugubrious; 22 Sign.

Down: 2 Ornamental; 3 Bard; 4 Adjoin; 5 Street; 6 Conspire; 7 Else; 11 Misleading; 13 Valorous; 16 Starry; 17 Notion; 18 Silt; 20 Toss.

su | do | ku

Fill in the grid so that every row, every column, and every 3x3 box contains the digits 1 through 9. That's all there is to it.

There's no maths involved. The grid has numbers, but nothing has to add up to anything else.

You solve the puzzle with reasoning and logic. It's fun. It's challenging. It's addictive!

Solving time is typically from 10 to 30 minutes, depending on your skill and experience.

6	4			1			9	2
	8	7		6		4	1	
		2	5		8	1		
				9				
		3	6		1	7		
	2	1		3		5	8	
5	6			7			2	3

Last weeks solution:

3	2	7	1	4	8	9	6	5
1	9	5	7	2	6	3	8	4
6	4	8	9	3	5	7	2	1
7	1	9	8	5	2	6	4	3
4	5	3	6	9	7	2	1	8
2	8	6	3	1	4	5	7	9
8	3	2	4	7	9	1	5	6
5	6	1	2	8	3	4	9	7
9	7	4	5	6	1	8	3	2

For tips on how to solve Sudoku puzzles, browse the **forums**, go to www.sudoku.com

Very Important Pets



A new veterinary surgery has just opened in Lagos where pets will get an outstanding service by one of the most well known vets in Britain, Scott Miller.

VIP Veterinary Surgery opened on Monday, but it has been a project in progress since August last year.

Scott Miller, as seen on 'This Morning' and BBC, says it has been a long and arduous road to open his clinic in Portugal.

He decided to move over to Portugal when he came here on holiday. He instantly fell in love with the country that reminds him so much of his home country, Australia, and after working eight years in Britain he made his mind up to head south to Portugal.

Scott Miller is qualified to treat

any kind of animals, from reptiles to birds, cats and dogs with any kind of problems.

The clinic itself is state-of-the-art, fitted with some very high tech equipment, a top-of-the-range X-Ray machine, a sterile room for surgery (his favourite occupation of the practice), the capability to board animals post-op with viewing windows to see the animals' recoveries as well as separate chambers for cats and dogs.

Scott Miller intends to provide the most efficient and customer friendly service as possible because he wants all animals

to be treated with the care and respect he would give his own.

He also wants to work together with charities and help with the vast stray population of animals that roam around the Algarve.

The surgery is located close to the LIDL in Lagos.

The clinic is open Monday to Friday 9h00-11h00 and 16h00-18h00 and on Saturdays from 09h00 till 12h00.

For more information call 282 782 282, email info@vipveterinarysurgery.com or visit the website www.vipveterinarysurgery.com.



TV's Scott Miller has opened his own veterinary clinic in Portugal.

Crime escalates in the Algarve

Data from the Annual Internal Safety Report for 2007 has revealed the Algarve is the region with most crimes (69) per 1000 inhabitants in Portugal.

According to the report, the rise in criminality was in the same proportion as the previous year despite 565 more reported crimes, totalling 27 336 in 2007.

Property damage represented 62 percent of all re-

ported crimes, followed by offences on people (17 percent). The most common felonies are house burglaries and car robberies.

In road inspections, 1717 drivers were caught driving with alcohol levels equal or superior to 1.2 g/l and 1470 were driving illegally.

Violent crimes diminished by 3.6 percent to a total of 1181 cases.

Civil Governor of Faro

Isilda Gomes recognises the figures are high but says the real number of people in the Algarve is higher than those accounted for, saying there are around 600,000 instead of the 450,000 claimed, thus changing the figures of the reported crimes per 1,000 inhabitants. The report also doesn't take into account the tourists in the region, these reporting a large number of the crimes.

Loulé Mayor crowned 'Mayor of the Year'



Seruca Emidio, Mayor of Loulé, was last week awarded the title 'Mayor of the Year 2007', by ASORGAL – a regional media association – an award that is aimed at distinguishing "those who are great supporters of democracy in Portugal and allow residents to have quality of life".

Faro Mayor José Apolinário came in second place, mostly for his resolve in ploughing ahead with a series of complex projects, as well as António Eusébio, Mayor of São Brás de Alportel.

In 2006 the prestigious prize went to Albufeira mayor Desidério Silva.

Made up of journalists, lecturers, lawyers and heads of various regional associations and other collaborators, the jury of ASORGAL unanimously agreed the prize this year should go to Seruca Emidio "for his work for the municipality and his caring for the local population, and for his humbleness as opposed to his public exposure".

Other members of regional

press and social communication were distinguished with awards, as was the case of O Barlavento (most read newspaper), O Algarve (for its 100th anniversary), Algarve Mais (most read magazine) and Total FM (most listened to radio station).

Presiding the awards ceremony was Civil Governor Isilda Gomes, who emphasized, "in this month of freedom" (referring to the democratic revolution which took place on April 25th, 1974) "we should pay homage to the two great pillars of democracy and the two greatest conquests of April 25th: local power and social communication."

Of his distinction, Seruca Emidio was quick to stress "it is

the result of teamwork and the solidarity of a tight-knit team", and that "without well structured organisation or capable, adequate services or qualified collaborators, any council authority would have his efforts diminished and his involvement weakened".

Man killed by train

A man died on Friday the 11th after falling onto the tracks at Almancil-Nexe station as a train was approaching, causing a two hour hold-up in the circulation of the South line.

The accident occurred at 07h20, involving a train that was heading to Lisbon, which ended up registering a 30 minute delay.

According to sources from CP, the man fell in an open track area where pedestrian passage is strictly forbidden. The man, whose age is unknown, died instantly. Two fire fighter vehicles and five men were at the location.

Beaches banned following health risks



Three Albufeira beaches were this week out-of-bounds to bathers after authorities ruled they were unsuitable and posed potential risks to people's health.

Imposed on Sunday by the Committee for Regional Development and Coordination (CCDR), the ban on the Alemão, Inatel and Pescadores beaches was lifted on Tuesday.

Recent heavy rainfall was

blamed for the water's pollution.

According to a CCDR spokesperson, the three-day ban was imposed as a preventative measure, which was reassessed on Tuesday and wavered.

Maritime Authorities voiced concerns that, as the problem was a repetitive one, it could be related to inadequate sewerage systems, made worse by the growing number of people in the region and heavy rainfall.



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OBITUARY



It is with great sadness we announce the passing of Alan Taylor, suddenly, in hospital on 12th April 2008.

He leaves much loved wife Norma, sons Gary and Russell, daughter Adrienne and grandchildren Joshua and Leila. Alan was a long-term resident of Carvoeiro for 22 years, a founder member of CASA and a prominent member of Lodge of Discoveries. Cremation was held on Thursday, April 17th at Elvas Crematorium. Memorial service to be announced.

Wolf Valley charity day at Vale do Lobo

The Wolf Valley Charity Fund's annual Charity Day will take place at Vale do Lobo on May 31st, 2008. It is open to everyone.

Charity Day events will in-

clude a golf tournament on the Royal and Ocean Course (Four Ball Better Ball Stableford - teams of two - partners can be arranged); tombola; a raffle with excellent prizes; wine tasting and

a book stall. In the evening there will be pre-dinner drinks followed by a gala dinner/dance with catering by the Le Meridien Dona Filipa Hotel. Drawing for the raffle prizes and an auction will take place during the dinner. Prices for the Golf and Dinner are €110; for Golf only €50 and Dinner/Dance only €60.

Vale do Lobo are also offering a special package to include accommodation in a standard apartment, daily English breakfast at Spikes Restaurant, Charity Day golf and the dinner, discounted car rental and 50% off normal green fees at €110 p.p.d. (double occupancy).

The Charities that are being supported during 2008, include the Santa Casa da Misericórdia who will receive much needed industrial ovens to support their meals-on-wheels programme as well as in-house meals (catering for more than 200 persons each day) and hosts. Existir, who provide IT training to the partially disabled, have already received 4 computers for the training room in their new premises, formerly the fire station in Loulé. The WVCF also helps individuals the most recent being Sr. Etelvino

who was tragically left paraplegic after a traffic accident. The Charity funded a Viper power-cycle which turned his wheelchair into a scooter, providing him the increased mobility that he needs in his daily business life making wooden items. Lidia Costa, a local lady who, unpaid collects abandoned people from the streets, provides them with food and washes their clothes. The Charity will help Lidia replace her broken down vehicle. A continuing project is the conversion and equipping of the old

Almancil railway station to become a community centre for old people, for after school activities for children, and as a medical centre for both groups.

For more details about the Wolf Valley Charity Day and to make golf and dinner bookings contact Vale do Lobo reception at 289 353 322 or 289 353 465, Nevada Bob's Golf at 289398436 or Brian Smith at 289 394 716. Donations (cheques can be made out to the Wolf Valley Charity Fund) will be gratefully received.



Etelvino Simão soon after receiving his Viper electric power attachment for his wheelchair, flanked by Dorothy Barker, Lynne Bromwich, Doreen Sell and Wendy Webb.

Debate on information signs at beaches

Councils, environment and tourism related entities of the Algarve had a debate last Tuesday about the possibility of integrating a new information system about safety conditions on beaches and other locations of interest in the region.

Silda Gomes, civil governor of Faro, called the meeting to put forward the possibility of building the materials with clear and concise information directed to the people that visit the region. The signs will be placed in tourist interest places and also dangerous areas such as cliffs and precipices.

Besides council members of the sixteen councils appearing, representatives of the Algarve

Region Tourism (RTA), Nature and Biodiversity Conservation Institute and the Coordination Commission will also be at the meeting.

President of the RTA António Pina, on a previous meeting regarding beach safety, said the signs are not too bad, but what can be improved is the contents written on the boards, giving tourists a more detailed informative sign.

Train like the Pros

Research by the Titleist Performance Institute involving hundreds of top PGA tour professionals and thousands of amateurs has estab-

lished direct correlation between faults in the golf swing and restrictions in the movement patterns of the body. It has been established that un-

less these restrictions are removed and patterns of movement corrected there is little chance of curing faults in your golf swing.

Whether you slice, hang back, hook, come over the top, reverse pivot, or just struggle for consistency the chances are it is a restriction in the kinematic pattern of your body movement that is causing this problem.

Through a kinematic movement assessment and video analysis of your golf swing the area of restriction can be identified. A program of specific exercises and drills can then be devised to remove the restriction in your movement pattern and help correct your swing fault.

Dramatic improvements can be seen after just 1 session, though permanent positive changes can require the practise of the exercises over a 6-8

week period.

Graham Morgan (Golf Power Trainer based in Quinta do Lago) has just completed a training program with the Titleist Performance Institute from the USA. This program using the latest research and techniques in golf specific exercise enables him to offer a complete kinematic movement assessment and correction programs for golfers of all standards. Backed by the Titleist Performance Institute, which is recognised as the world leading resource for golf specific exercise, Graham Morgan is the only Certified TPI Golf Fitness Trainer in the Algarve.

For more information or enquiries into how you can improve the future of your golf game please contact Graham on Tm: 916774624 or email: golfpowertraining@gmail.com



Graham Morgan (centre) - TPI Certified Golf Fitness Trainer Dave Phillips (left) - PGA Senior Professional - Founder Titleist Performance Institute Dr Greg Rose (right) - Titleist Performance Institute founder.

Charity dinner dance success

The 'Mods' took on the 'Rockers' at a charity dinner / dance at Restaurant 'O Caisiro', Arão on Saturday 12th April, raising over €600 for APAA (Association for the protection of animals Algarve). Ros Magher took the prize for the best dressed, an op-art mod, buying her whole outfit from the APAA charity shop.

We would like to thank the following, who kindly donated raf-

fle prizes: Big Beds, The Crows Nest, Sweet Marilyn, Angela Marshall Furnishings, Connie & John from Alvor Bowls, Bom Dia, Safehands Boarding Kennels, D.J. 'Jimmy Jones and especially Dave from DRM Satellites, who not only donated a DVD player for auction, but matched the bid with a donation of €80. Thank you for your generosity.

Dr John Piper MB, BS, FRCS

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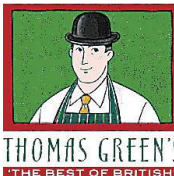
The Ceilidh which the St. Andrew's Society were holding on Saturday 26th April has regrettably had to be cancelled.

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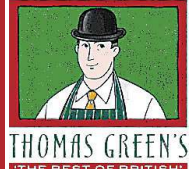
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Come into Lagos on the EN125 (from Portimão) past MacDonalds, take second exit off the Boat roundabout. We are on the right opposite the Tourist Office.

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Over 130 celebrate popular Priest's final service



An air of celebration filled All saints Anglican Church in Almancil on Sunday as the congregation bid farewell to Rev'd Eric and Sue Britt. It was celebration tinged with sadness of course, but the enormous turnout, along with 29 children, reflected on what Eric and Sue have achieved in little more than 18 months leading this new Anglican church with congregations in Almancil, and now also in Lagoa.

the Britts were sent off to the tune of the well known hymn, "You shall go out with Joy".

Eric and Sue are returning to the UK following Eric's health scare which ended with the diagnosis of a congenital heart problem that would need ongoing and regular check ups. The Church of England Pensions Board have arranged a home for the Britts very near to their children, and close to the famed Papworth Heart Hospital.

All Saints will now enter a period of Interregnum with visiting Priests, supported by the Ministry Team.

Bishop John Ellison joined the service and assisted in the baptism of two candidates. Eric gathered all the children after their Sunday school to give them a special blessing for the future,

sprinkling them all with Holy Water, to the delight of the children. At the end of the service the choir performed a special song. The service was followed by a meal at a local restaurant where



Bishop John Ellison, Rev'd Jackie Nevill and Rev'd Eric Britt after Sunday's farewell service at All Saints Anglican Church in Almancil (Photo: The Portugal News)

Elderly 'safer' with emergency services by phone



Albufeira City Hall has launched a new 24-hour emergency service for senior citizens in the council.

due to the people's loneliness.

For this service to be supported by the council the potential users must be over 65, live alone or they must earn less than the national minimum wage.

Currently, there are 16 people using this service freely in Albufeira.

The service works directly in three branches, the "Emergency 24" to call ambulances, police or fire-fighters, the "Mediphone 24" which connects to a doctor and "Home Assistance" that connects to repairing services.

The new service for the elderly, supported by the Albufeira council, consists of a waterproof bracelet or necklace with an alarm button that when used connects directly to an emergency service available 24hrs a day.

Maria de Lurdes, 76, says she feels much safer after installing the alarm system at home.

"I haven't needed it yet, but if something happens I will press this button and somebody will be here", she says.

The calling centre recognises the user's information automatically and works on loud speaker in a 200 metre radius from the person's home, allowing activation even when out of the house.

When activated, the call centre will phone the house and if nobody answers the phone, operators from the call centre will contact relatives and authorities if it is an emergency situation.

Only about eight percent of the cases require medical attention, most of the calls being made are

Fashion 'Pop Up' at AlgarveShopping

From 7th - 20th April, the AlgarveShopping centre in Guia is hosting the region's first 'Pop-Up Fashion' roadshow, a travelling collection of clothing from four of Portugal's most contemporary designers.

Following its astounding success at CascaisShopping and ArrábidaShopping, 'Pop Up Fashion' has come to the south

of the country for a limited period of time.

This underlines the event's concept and name - 'PopUp' - appearing and disappearing in different venues around the country for 15 days only.

Clothes are showcased in a bold and sophisticated architectural structure, and include designs from Dino Alves, Katty

Xiomara, Luís Buchinho e Storytailors, at accessible prices.

Underlining glamour yet being daring elegant, 'Pop Up Fashion' aims to close the gap between latest trends and the general public.

After the mobile shop leaves the Algarve it will be heading towards Madeira's MadeiraShopping.

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25 > 27 April Riverside Area

From Friday the 25th of April until Sunday the 27th, the skies of Portimão will be invaded by the stunts and acrobatics of the great aces of the sky. There will be Jet airplanes, acrobats, helicopters, parachutists jumpers and... on land there will also be exhilarating moments with flight simulators, wind tunnels, model airplanes and many more attractions.

Don't miss it! A long weekend is waiting for you in the skies of Portimão.

Experience three days with your head in the clouds.

In the afternoon, in the air:

Aerial acrobatics / Jet airplanes
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A German view of the situation

SIR, I am of German nationality and enjoy improving my English by always reading your newspaper. I was sorry to be told that I am a gypsy by Mr. Peter Dodd in your paper of Saturday 5th.

Every winter I travel from Hannover to Portugal and back in my campervan. Usually this is from January until May. I spend some of this time in campsites but at other times, when I am visiting some towns or villages there are no campsites available.

Sadly in Spain and Portugal I find difficulty in finding places to stay, because, either the campsite is full of permanent caravans or they have low trees. Sometimes the ground is not suitable, if badly wet with rain. Also some do not want me for just one or two days but for longer stays, so they charge a lot for short time stays.

In Germany and France there are places besides towns and villages for campers to stay on a short term basis to visit the tourist sights. In these places they have a place for waste water and also fresh water supplies. They sometimes free to use or for a small charge of two or three Euros. We can use the local shops for food and souvenirs or even the public baths.

I have been travelling this way for six years and every year there are more and more campervans. Mainly these are French, German or Dutch people. Many have their dogs, which are usually on a lead and they pick up their dog foul and bin them.

I find most local people in Spain and Portugal do not yet

pick up their own dog foul, because rarely are special bins provided.

The answer to the problem of the campervans is not to get the GNR to move us on, but to provide for this type of Winter tourist a short term stay area, as we have both in Germany and in France towns.

Thanking you for my letter
HEIN WELLER, Germany

Belief

SIR, I can't understand why the members of one faith, can condemn the followers of another. Either side will attack another, proclaiming that their faith is the true one, and the only one that counts, and all the others have got it wrong. It all seems a bit silly to me. What does it matter if the opponents faith appears to be a mistaken one in your opinion.

Faith presupposes doubt.

So in case, any one religion is built in an intangible manner, through circumstances, the death of a loved one, how one is brought up, what the parents beliefs are, a revelation of some kind, a seeming miracle, a calculation of life, a chance meeting, any number of things can spark it off. Some people can have no religion at all, others pick one out to 'fill out a form', when joining the forces, for instance.

People are entitled to have no religion, if they choose, by that same token they are entitled to embrace any religion, too, no matter what.

I would hope though, that any faith that they choose, would be

for the good of people, be a kind religion, do no harm. The very fact that one religion attacks another, belittles that same religion to a certain extent, bringing in a bully attitude.

Lets all try to live in peace, and let any peaceful religion have its day.

R.L. (not him, next village)

Holocaust

SIR, I am now 80 years old and lived through the war, but I only know about the Holocaust like most people by what they have read and by what author.

I do have though, several photos taken by a relative who being in the army was one those entering the camp of Belson May 1945.

One picture is worth a thousand words. So I have positive proof of these camps.

K. PACKER, São Sebastião

This & That

SIR, As motorhomers with a fine home in Holland, we ponder the intolerance of those opposed to our choice of lifestyle. Do not judge all by the few. We suspect there is an element of envy from those who may have overstretched themselves moving here and are now unable to afford to venture further than the cut-price supermarkets.

Re your brave holocaust debate, Mr. Lavery conveniently overlooks past TPN issues. He says (5th April) there are 'references' to extermination by Himmler, but gives none! TPN letter (2006.6.10): 'Himmler order of 1942.12.28 "Camp death rates must be reduced at all costs" Nurnberg document 1523, vol 5, pps 373-376.' Can Mr. Lavery present one with credible references supporting HIS statement? We repeat also "There exists no document by Hitler, Himmler or Heydrich ordering the extermination of Jews", Dr.

Aryeh Leon Kubovy, Director, World Centre of Contemporary Jewish Documentation, Tel Aviv.

Concentration camps were invented by the British for their atrocities in S. Africa and the 'sanitised' WW2 Isle of Man has been admitted, but try finding out about the torture and inhumanities practised against inmates at Latchmere House, Ham Common, London during WW2.

There really are two sides to the WW2 story, not just the 'Victors' History', but it can upset the 'comfort zone' of some! Along with thousands of our older countrymen, my grandfather fought in the 'Brigade Nederland' of the Waffen SS, the greatest volunteer army in history where other Europeans outnumbered the Germans themselves. Wartime issues of their frontline newspaper, HET BRUGGEHOOF are now available, so we have learned much never told which internet sites now, at last, confirm. And, by the way, as for 'press freedom', has anyone heard the outcome of last year's Iranian sponsored international debate on the 'holocaust' ???

V.B. & JALLES, Netherlands

Re a visitor to Silves

SIR, I am writing in response to the letter sent in dated 12th April. I have lived in Odelouca for 3 years and am alarmed about the state of the road between Silves and Odelouca. There is many large potholes areas where the road has disappeared. For the last 3 years I have watched countless times when the council have come along and filled in these areas with rubble and when it rains it washes again. Now the money they spend on this work probably would have covered resurfacing the road. I also would like to add that in this letter from a

visitor to Silves I am disgusted that the amount of cars that are dumped in the streets by their owners is disgraceful especially if you are elderly or have young children as it creates problems getting around. The state of this for the tourists must put them off coming back and since Silves needs this money you think they would want to keep them returning. I also can not believe that

there is no toilets on the riverfront. The problem you have if you are at the park and your child needs the WC where to go?

I really hope that other readers who read the paper write in to and maybe just maybe something might be put into action, but, I must admit I am not holding my breath.

M.H. Odelouca

Labour, from p.1.

Speaking at a conference called to discuss flexicurity, Minister Vieira da Silva stressed that the principle of greater flexibility for employers and more security for workers, has received widespread support across the European Union from bosses and unions alike, and called for similar agreement here in Portugal.

Flexicurity is a labour policy combining flexible conditions enabling employers to hire and fire more easily, but with more worker security via higher unemployment benefits.

But while employers in Portugal have repeatedly expressed their support for the implementation of flexicurity, trade unions remain sceptical and claim it will only facilitate the firing and hiring of workers.

Portugal's largest trade union, the CGTP, in a show of its doubts over the government's labour law reforms, organised a series of protests in central and northern Portugal this week.

Terming these demonstrations a "General Warning", perhaps of what is to come should the government carry out reforms to labour legislation, the CGTP said these marches, which included thousands of its members, were organised due to the "necessity to revoke the serious norms of the Labour Code, while rejecting flexicurity which only serves to increase exploitation of workers and will generalise precarious work contracts."

"Workers are not expendable objects that can be used in accordance with the strategies of the government and bosses. They are human beings, men and women, that deserve to be

treated with consideration and respect", the CGTP stressed.

But the Portuguese Industrial Confederation (CIP), commonly referred to as the "Bosques Union" has since last year been advocating the need to change labour laws to make Portugal more competitive.

The CIP has been calling on the government to apply this model, but allow bosses to unilaterally rescind workers' contracts so long as they have procured alternative employment for their outgoing members of staff.

CIP chief Heitor Salgueiro, insists on change, believing that workers in Portugal should not have a right to a specific post, but rather a right to work.

Reason for concern among trade unions, is that the government seems to agree with most positions being assumed by CIP.

Minister Vieira da Silva has this week reiterated his position that he remains convinced it has the recipe to improve the conditions of the labour market, and believes that if flexicurity is "applied correctly, a winning situation for both worker and employer can be created".

He further argues that the stringent stipulations of the country's labour are extremely damaging and are clearly having an adverse effect on the nation's economy, and has been a stern supporter of the largely successful flexicurity system in place in Denmark.

Under Danish laws, a worker can, for example, refuse an increase in income (as per law or inflation) instead opting to work fewer weekly hours, and in the process, open a new position for a part-time worker to cover the hours previously worked by an employee who has accepted a cut in hours.

Portuguese for Beginners

Emília Rosendo

116

THIS LESSON:
The Plural of Nouns

The plural of the nouns ending in **-al**, **-ol**, and **-ul** is formed by replacing the final **-l** with **-is**.

Read the sentences which follow:

⇒ O **quintal** é pequeno.

Os **quintais** são pequenos.

⇒ O **lençol** é azul.

Os **lençóis** são azuis.

① Write the plural of the sentences below.

a) O anzol está dentro da lata azul com tampa preta.

b) O animal está doente?

c) Nesta capital europeia o custo de vida é extremamente elevado.

d) O canal está muito sujo e quase vazio.

f) Ela nunca usa dedal quando cose a roupa.

② Complete the sentences with the correct word (in the plural) from the box which follows:

* **pedal** * **caracol** * **estendal** * **hospital**
* **farol** * **avental** * **sal** * **final** * **sinal**

a) Há pessoas que usam _____ quando cozinham, pois não querem sujar as suas roupas.

b) No terraço deste edifício, os moradores dos apartamentos têm _____ individuais onde podem secar as suas roupas.

c) Da varanda da nossa sala de estar podemos avistar o mar e, à noite, duas luzes muito intensas que pertencem aos _____.

d) Os _____ desta bicicleta não funcionam muito bem.

e) Ela é muito selectiva relativamente aos filmes que vê, pois só gosta de _____ felizes.

f) Há imensos _____ no nosso jardim.

g) Eu comprei um frasco de _____ de banho com um agradável e suave cheiro para oferecer à minha colega Maria.

h) Nesta cidade há quatro _____: três são públicos e um é privado.

i) Os condutores têm que respeitar os _____ de trânsito.

Living costs rising faster than wages

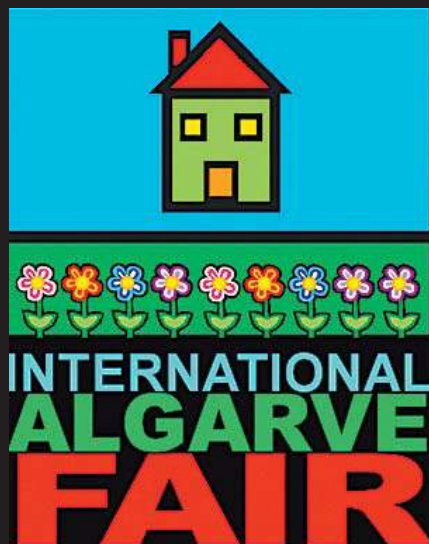
Essential goods, such as bread, gas and transports are getting dearer quicker than salaries rise, emptying people's pockets. Consumer prices rose 3.1 percent in March compared to last year, whilst average annual inflation jumped to 2.6 percent.

The worst situations are found in the food market, hindering the least favoured classes whose food costs affect their monthly wages the most.

The price of bread rose nine percent, milk, cheese and eggs 13.5 percent and fruit 4.9 percent. Fish increased five percent and meat, despite producers wanting higher prices, still rose 2.1 percent. Food products in general are 3.8 percent more expensive than last year.

The price escalations do not stop in the food products though, with other essential goods like bottled gas (+6.8 percent), electricity (+3.6 percent) and transports (+4.4 percent) also presenting considerable increases.

The Government's goal for inflation (2.1 percent by 2008) may be compromised as Europe's imported inflation, where figures have reached 3.5 percent, should keep pressure on prices.



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May
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DIRECTIONS TO FATACIL

From the A2 motorway Leave at Exit 6, then follow signs for LAGOA SUL. This will bring you on to the E125, keep straight ahead through Lagoa until you see the Blue Elephant Car Wash, FATACIL is on the opposite side of the road
From Lagos and Portimão on the E125 Keep straight to Lagoa, continue ahead

through Lagoa until you see the Blue Elephant Car Wash, FATACIL is on the opposite side of the road.

From Faro and Albufeira direction on the E125 As you approach Lagoa, pass Barclays Bank (on your right) and the entrance to FATACIL is on the left hand side of the road by the traffic lights.

House2House, a one-stop interior shop



Since opening for business in 2005, House2House, the furniture business created by Roger and Judith Lewis, has grown from a small concern open just one day per week to a full on business with two large showrooms, a staff of four and open 5 days per week!

Judith says "Over the last 18 months our reputation for good quality items that range from kitchen appliances through bedrooms, dining rooms, lounges, rugs, mirrors, lights, paintings and curtains, has spread across the Algarve".

House2House was first started as a business to provide good quality furniture to villa rental companies who, due to the excessive wear and tear associated with the nature of their business, wanted quality at bargain prices.

But it wasn't long before the secret was out and the general public were in!

A new dimension was added to the business when Interior Designers began to use House2House to dispose of their 'end-of-line' and ex-display goods.

This means that a good proportion of their stock is now new rather than used.

The nature of the business is that the stock changes on a daily basis and, unlike more traditional retail businesses, once an item has been sold there is no way to get more!

Customers are strongly encouraged to leave a deposit to secure a coveted item to prevent



it disappearing into someone else's home! If you don't find just what you're looking for you can give Louise or Christine details of your requirements, and they will call you when something suitable arrives.

Judith says, "The really good pieces tend to be sold very quickly so it's best to keep popping into the showrooms to make sure you aren't pipped at the post!"

If that's not possible then consider keeping up to date from the comfort of your own home by logging-in to www.house2house.pt where

you will find photos of everything with a description, dimensions, a price and a guide to its condition.

Just call House2House on: (+351) 289 395 197 and they will reserve items for you.

The showrooms are on the road between Almancil and Loulé in the village of Areeiro and are open from Monday to Friday, from 10h00 till 17h00.

They don't close for lunch. And don't forget, House2House are interested in buying your unwanted furniture items and in carrying out complete house clearances for you.

Happy Feet, because what others can't see also matters



If you suffer from problematic feet or just want to have a relaxing foot massage, Happy Feet is the place to turn to.

Carmen Silvia Becker opened Happy Feet in June last year, in Alvor.

Having taken a professional course in relaxing body massage and combining it with her experience in pedicures, Carmen has a lot more to offer than a regular foot treatment.

Her services include removing hard-skin, cutting and filing, treating ingrown toe nails and performing foot relaxing massages.

Over the years Carmen has developed a fascination for feet, and realised that in this line of business she can open a shop anywhere in the world, so last year she decided to open her own place in Portugal.

Having many regular customers of several nationalities from all around the Algarve, Carmen says they all come back for more, as her treatments are very relaxing, most of her clients nodding off whilst experiencing the soothing foot massage.

She explains how many people suffer from bad feet without even realising it. The good news is most cases can be dealt with easily, by using simple but effective techniques to cure the problems.

A normal foot service costs €25, but she can also do a simple

pedicure for €15, although it is not advisable as the foot massage, included in the normal, is one of the highlights of the session.

Treatment times depend on the condition of the feet, normally lasting around an hour.

Home visits are available from Lagos to Lagoa for individuals who can't reach the clinic, at no extra charge. Having feet treatment seems inappropriate for some people, the thought alone of their feet being massaged provoking queasiness, but once one gets past the 'laughing when touched' stage, it can prove to be a very effective stress reliever and also bring great benefits.

She loves to take care of feet and she says, it is better to fix problems rather than letting them worsen over the years.

Happy Feet is open Monday to Saturday from 09h00 to 20h00, but it is advisable to make an appointment as Silvia might be on a house call.

It is a very easy place to find, from the main roundabout in Alvor, go in direction of the school, turn the first right and the shop is in the big building complex on the left, Dunas de Alvor, close to the coffee shop Cacto.

For an appointment call Silvia on 96 623 73 30 or email happyfeet@gnt.cc for more information.



Jody Jakob's 'Saúde Integral' Osteopathy Clinic



Born and raised in New York City, Jody Jakob has been practicing osteopathy in Portugal for the past 22 years, after graduating in 1979 from the British School of Osteopathy, in London at the time was arguably one of the best Osteopathy schools in the world.

Curiously, in his youth, Jody's first ambition was to be a Catholic priest, though after being treated by an osteopath in New York City and experiencing amazing results practicing Osteopathy became his life goal.

To the Dr, osteopathy seemed to be a "splendid mix of intellect, heart and soul together with doing something physical". Jody left New York for England at the age of 22, studying Osteopathy in the UK. Now, 29 years after qualifying as an osteopath, he remains just as excited and motivated with his profession.

"I am sure I am even more enthusiastic now 29 years after qualifying than when I first started out on this journey", he says.

He has been running his own clinic in Cascais, 'Saúde Integral', for a number of years, having previously worked in many private clinics throughout the Sintra-Lisbon-Cascais area for nearly two decades.

Osteopathy, a complementary treatment to conventional medicine which many consider 'holistic', is a manual therapy and evaluation system, with its own under-

lying principles. Created in the USA by Dr. Andrew Taylor Still, a medical doctor, Osteopathy soon found its way to the UK,

ers in Portugal. One of its most important principles focuses on the fact that much of the pain and disability that we suffer stems from

changes in our body's structure and function.

Through a very wide scope of manual manipulation techniques, Osteopathy acts over the body's structure, mostly muscles, ligaments, nerves, joints and organs. Just like a machine, our body needs balance to be efficient, leaving us with more energy to savor life.

It is important to note that these days modern osteopathy is not an "alternative" to conventional medical treatment but rather "complementary".

That means that at Saúde Integral the practitioners work with medical doctors, refer patients to them when necessary, and are referred patients in return. Osteopathy is finally taking its rightful place among a families health care providers. For more information, contact: (+351) 214 846 283, or see website: www.osteopatia-cascais.com.



Dr. Jody at work (photo: Gloria Jo Jakob).

where it became very popular, recognized and integrated in the National Health System. It allows detection and treatment of affected areas, restoring the body's natural ability to heal and ultimately to have the best possible overall balance.

Jody is BUPA registered he has an accord with most health insur-

Gary Rosenbroek, experience talks



If renovations or construction is needed, Gary's 30+ years experience in the trade ensure a professional, neat job is carried out.

Gary moved to Portugal seven years ago almost by accident. He decided a sailing holiday was in order though after seeing what a great country Portugal was, he traded in on England to start a new life in sunny Portugal.

Originally from Yorkshire but with Dutch roots, Gary has been working in construction for more than three decades, and therefore knows all the ins and outs of the business. He says moving his trade to Portugal was "quite easy, though paperwork always seems to be a big issue here".

Despite moving more than seven years ago, he has been working on/off for the past five years, in all areas of construction.

Gary is skilled in undertaking plumbing, tiling, plastering, electrics, bricklaying, etc, usually working solo, to offer a more personalised service. If help is needed, for example in carpentry, he calls on professional Portuguese collaborators ensuring a good job is offered all

round.

Gary is currently focusing on bathrooms and kitchens, two areas where he feels he can exceed clients' expectations.

Sizes of the job do not matter; Gary has all the equipment needed to carry out even the most demanding jobs, as well as extra workforce if needed.

He supplies the client with a free quote if no design work is required, giving expert input in choosing all materials.

One of his most recent projects saw Gary converting a garage into an apartment.

This required new piping, drainage, electrics, building walls and fitting a complete new kitchen, as well as doors and windows. Just another day at the office! Gary's services mainly cover the Western Algarve. For more information contact Gary Rosenbroek on: (+351) 963 876 129, or e-mail garyroz@mac.com.



PROPERTY

An 11 page weekly guide to the latest and the best properties on the market in Portugal • The *Portugal News* • 19 Apr 2008

PROPERTY OF THE WEEK

Unique Townhouses for all budgets



This week Property of the Week is showcasing three different properties, all townhouses, within different budget ranges. A townhouse is an excellent compromise between an apartment and a villa, offering security and privacy without being totally remote or in the middle of a city, and generally being an optimal investment.

The first of the three townhouses is a four bedroom three bathroom property located within walking distance to the pretty village of Pêra.

have access to private balconies/terraces, some of which face the beach and sea, offering beautiful views. Fully equipped, the kitchen is very big and has space

home or a good investment as a second or holiday home.

Townhouse number two was built in 2001 though could be sold as new, having only been used for a couple of months.

The ground floor comprises a hall, lounge with wood burner and dining area, fitted kitchen with storage room, utility rooms and a guest toilet. From the lounge there is direct access to the patio with terraces and covered BBQ area. On the first floor there are three bedrooms and three bathrooms, terraces with stunning sea views and to the pretty village of Pêra. "It is situated in a very quiet urbanization, only 10 min walk from Pêra and five kilometres from the beach." The maximum asking price is € 250.000,00.

Property number three is a cute three-bedroom townhouse with garden and roof terrace. Set in a very quiet and small urbanization in Algoz, it is located within walking distance to all amenities, and approximately a 10 minute drive to the coastline.

Constructed on two floors the townhouse has two bedrooms, one bathroom and a sauna on the ground floor, plus an extra room

and a toilet on a mezzanine, with the possibility to build a shower.

From the mezzanine there is access to a big balcony.

A lovely little garden comprises a BBQ, mature trees, bushes, and a variety of plants and flowers.

A true piece of paradise in which to relax! "The house is fully insulated, ample inside and outside storage, parking space in front of the property and on a private drive. It is priced at €199.000,00.

For more information, contact Togofor-Homes.

Togofor-Homes offer all types of properties for all budgets and purposes, including detached villas, townhouses, apartments, plots with ruins, plots with permission to build, commercial ventures, B&B businesses, homes with income, rustic properties, investments, developments, and exceptional luxury properties. Their portfolio ranges from €69.500 to €8.000.000 and covers the entire Algarve, as well as Brazil.

Togofor-Homes currently op-



Property 1



erate from two offices and an office-shop in Alvor. A new office-shop is soon to open in Tavira or Olhão, East Algarve. The international team speaks several languages and have all have backgrounds in sales and marketing, having the expert know-how to match clients to properties without wasting time. It offers out-

standing service seven days a week, from 09h30 to 20h00, mobile phones until 22h00. Contact: (+351) 282 432 004 or mobile phones: 917 472 273 / 7, fax: 282 496 729. Alternatively, see website: www.togofor-homes.com (references: ST262, ST261, ST295), or email: info@togofor-homes.com.



Property 2 - Algoz

It is a very spacious three-story, light-flooded townhouse. There are three large double bedrooms, one en-suite, two additional family bathrooms on the first floor, and one smaller bedroom on the ground floor.

Also on the ground floor is the sunny lounge with log-burner and kitchen.

All bedrooms and the lounge

enough for a breakfast table. All rooms are bright and warm with plenty of windows to let in the sun all day. "The basement comprises a huge garage for cars, storage space or space for a gym, and has access to the back garden and pool terrace.

Recently reduced from €395.000 to € 349.000,00, this property is lovely as a permanent

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VILA SOL Ref. V82071

Golfer's Paradise. Quality & prestige. 5 bedroom villa on a 5* Golf Resort. 550 sq.m. 1.600 sq.m. plot. Luxury finishes. Underfloor heating & cooling system. Surround sound. Alarm. Central vacuum. Landscaped garden w/ pool & BBQ. Fabulous views of the 5th & 6th Holes of Vila Sol Golf Course.

Price: € 1.900.000



VILAMOURA - MILLENNIUM Ref. A82047

Top floor 2 bedroom apartment. 160 sq.m. Prime location inside the golf course. Complex w/ pool. Fitted kitchen. A/c. Private parking for 2 cars & storage. 3 large balconies. Sun terrace w/ lovely panoramic views. South facing.

Price: € 275.000



VILAMOURA - OLD COURSE Ref. MB61599

Investment opportunity!! Prime location. 2 bedroom townhouse. 150 sq.m. Near all amenities. Furnished and equipped. Refurbished. A/c. Private parking. Balcony with access to the garden. Complex with reception and pool. Easy letting.

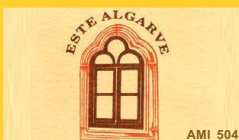
Price: € 275.000



VILAMOURA Ref. A82102

Investment opportunity!! Two bedroom apartment. 85 sq.m. Between the Pinhal and the Old Course. Near all amenities. Furnished and equipped. Refurbished. Balcony with access to the garden and pool area. Easy letting.

Price: € 195.000



AMI 504

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(Marginal) - 8800 Tavira
Tel: 281 370 277
Fax: 281 370 761

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North of Vila Nova de Cacela

Interesting 4 bedroom villa built 1989, in need of little TLC, w/stunning views of the sea & country-side, situated approx. 10 kms from V. Nova Cacela, 12 kms from Manta Rota & beach, 5 kms from Monte Rei golf-course, surrounded by 2.095 m2 of mostly fenced land, large sw.pool (12x6m) & 2 garages. Prepared for solar panels.

Ref: EA 052 VVNC - € 350.000



Neighbourhood of Stª Catarina

Land situated in beautiful & peaceful surroundings in the country-side w/ lovely views of a river & country-side, approx. 6 mins drive to Stª Catarina & 20 mins to Tavira. This property consists of 5.000 m2 of land & an approved project for a 3/4 bedroom villa (ground & 1st floor). Exterior walls already built. Borehole. Elect. Good access.

Ref: EA 062 LPSCAT - € 215.000



Conceição

Very attractive & comfortable 2 bedroom, 2 bathroom apartment (112,20 m2), situated on the top = 2nd floor within a spacious urbanization opposite Benamor golf-course, 5 mins from Cabanas & beach, with central heating, prepared for air con., mains gas., lovely view of the gardens. To be sold furnished and equipped.

Ref: EA 063 ACON - € 150.000



Tavira

Lovely 2 bedroom, 2 bathroom townhouse (104 m2) built on 2 levels, with 2 spacious terraces and garage, situated in a new residential area, within 10 walking min. into the centre of Tavira.

Ref: 029 TTAV - € 165.000



Pedras da Rainha / Cabanas

1 bedroom villa with a garden area of approx. 250m2, situated in the charming holiday complex Pedras da Rainha with access to swimming pool, reception, tennis court, bar and restaurant, within walking distance to Cabanas centre with its lovely lagoon and beach. To be sold furnished and equipped.

Ref: 064 - VPRA - € 135.000



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São Brás de Alportel

- Lovely restored cottage
- Close to town & supermarket
- 3 bedrooms 2 bathrooms
- Large heated pool 12 x 6m
- Garden with country views
- Cottage 150m² plot 1,023m²

Ref. C1066
Price: € 395.000



Vilamoura

- New luxury villa
- Close to golf, beach, marina
- 4 bedrooms 3 bathrooms
- Pool 8m x 4m & garden
- Central heating & garage
- Villa 200m² plot 750m²

Ref. V1065
Price: € 1.100.000



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Alta

- New semi-det. townhouses
- Close to town & supermarket
- 2 bedrooms 1 bathroom
- Completion June/July 2008
- Small garden/patio & BBQ
- Villa 110m² plots 90/120m²

Ref. V1077
Price: € 255.000 & € 265.000



Moncarapacho

- Superb large quinta
- Separate guest house
- Total 6 beds, 5 baths
- Large indoor pool
- Tennis court, garage
- Bldgs 505m² plot 44.480m²

Ref. V1049
Price: € 1.300.000



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A selection of our properties

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8125-479 Vilamoura



Vilamoura

Beautiful 3 Bedroom / 3 Bathroom detached villa offering a sunny terrace with private swimming pool, located within a few minutes walk of the Old Village and the amenities. The villa is sold "Fully Furnished" and is an ideal holiday home.

Price: € 495,000



Vilamoura

2 Bedroom / 3 Bathroom detached villa offering a private swimming pool. Located within a few minutes walk of the new Hilton Spa resort.

****Exclusive to Silver Holidays Real Estate****

Price: € 495,000



Almancil / Quinta das Salinas

3 Bedroom / 2 Bathroom "Fully Furnished" detached villa at Quinta das Salinas between Q1ª do Lago & Vale do Lobo's beaches & golf courses, surrounded by pine trees, within walking distance of the beach & Ria Formosa nature reserve.

Price: € 795,000



Vilamoura

Beautiful 4 Bedroom / 3 Bathroom detached villa offering a sunny terrace with private swimming pool, located within a few minutes walk of the new Hilton Spa resort. The villa is sold "Fully Furnished" to a high standard and is an ideal rental property or permanent residence.

Price: € 685,000



Vilamoura

Beautiful 6 Bedroom / 5 Bathroom large detached Villa with swimming pool in a plot of over 2000m². House includes a bar and games room area with 2nd TV/lounge room.

Price: € 995,000



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Fuzeta

Charming 3 bedroom cottage set in a 770 sqm fenced plot with garage, parking space, 2 room annex to the main house, garden...

Price: € 250,000,00

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Call: 915 599 243



Fuzeta

3+1 bedroom villa set in quiet location, in Fuzeta. With garage and swimming pool, walking distance to the sea!! Excellent price!!!

PRICE REDUCED: €299.000,00

Ref.: MG-VIV-0028

Call: 915 599 243



Fuzeta

2 bedroom NEW apartment includes garage, close to all amenities. Excellent finishing!! Excellent price for this location!! Walking distance to the water...

PRICE REDUCED: €120.000,00

Ref.: CB-APT-0012

Call: 915 599 252



Tavira

Beautiful 1 bedroom Villa with open fireplace, 2 bathrooms, terrace, breathtaking views... with 1470 sqm plot. Unique opportunity!! Unbelievable price!!

Price: € 157.500,00

Ref.: MG-VIV-0096

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Tavira: 281 320 281
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Fonte Santa - Cacela

Beautiful T2 Townhouse w/ communal pool on small development near Monte Rei Golf & various beaches. Three bathrooms, private patio, off street parking, air conditioning, fully equipped kitchen. Sold furnished. Good value for money!
Ref: LHT-853 Price: € 199.000



Moncarapacho

Spacious, modern, open plan 5 bed villa in immaculate condition with swimming pool and landscaped garden situated in an up-market residential area. Construction size approx: 480 incl. basement with garage, plot 1377m2, built in 2006.
Ref: LHV-927 Price: € 640.000

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Tavira

Modern, luxurious four bedroom villa on preferred location with swimming pool and garage, large living/dining room and modern Italian design kitchen with cooking island. Breathtaking views from all rooms, cov. area 430m2, built in 2005
Ref: LHV-901 Price: € 895.000



Moncarapacho

Exclusive villa (V4) with guest cottage and swimming pool located on a large fruit producing estate. Comprising of 4 spacious bedrooms, 4 en-suite bathrooms, top of the range kitchen and lot of extra's, cov. area 688m2, plot 40.700m2
Ref: LHV-904 Price: €2.400.000

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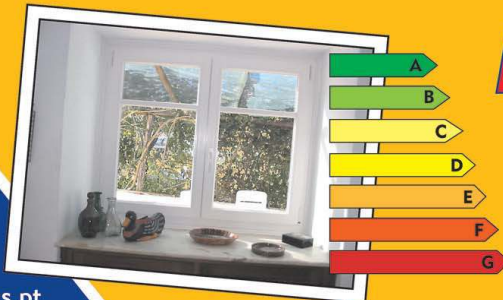
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Algarve - Portugal

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Vilamoura

Situated in a quiet area, 2 bedroom apartment composed of 2 bathrooms, lounge with fireplace, kitchen and terrace. Communal swimming pool and garden area. Exterior parking space. Furnished and equipped. Construction area - 97 sq.m.

Ref: A1140 Price: € 175,000



Vilamoura

Attached villa composed of 3 bedrooms, 3 bathrooms, lounge with dining area and fireplace, equipped kitchen, storage, laundry room, various terraces and roof terrace. Exterior parking area, communal swimming pool and garden area.

Ref: V12548 Price: € 350,000



Vilamoura

Spacious apartment composed of 4 bedrooms, 3 bathrooms, lounge w/ dining area, equipped kitchen, storage and large terraces. 2 parking spaces and storage in the basement. Communal swimming pool and garden area. Const. area - 190 sq.m.

Ref: A1232 Price: € 475,000



Pereiras

Beautiful villa composed of 4 bedrooms, 4 bathrooms, 2 lounges, dining room, kitchen, storage and laundry room. Swimming pool and garden. Plot area - 5.080 sq.m. Construction area - 380 sq.m.

Ref: V12446 Price: € 995,000



Parragil

Beautiful and spacious villa composed of 4 bedrooms, 6 bathrooms, lounge w/ fireplace, dining room, equipped kitchen, laundry room & terraces. Garage & barbecue. Swimming pool & garden. Sea view. Plot area - 2.100sqm. Construction area - 500 sqm.

Ref: V12549 Price: € 1,200,000



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Ref: 43SBA-M Price: €795,000



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High class 5 bedroom Villa, in a very privileged location. Innovative design, w/ passive energy saving, natural illumination, ventilation & advanced energy control system giving comfort & quality to this unique property. Building area: 374m², w/ approval to enlarge up to 526m². Represents high business potential. Safe investment!

Ref: 128ABF-M Price: €1,200,000



Vale do Garrão

A high class 5 Bedroom Villa. Located at Villas Alvas, between Vale do Lobo & Quinta do Lago. High quality materials. Fully equipped kitchen. Central heated. Air conditioned. All the appliances & modern technologies. Garden. Swimming pool. BBQ & parking area. The best location for your investment.

Ref: 137LLE-M Price: €1,250,000



Estói

Massive 5 Bedrooms Villa (CA-450 sqm, Plot-10080 sqm) located in Azinheiro (Estói). Panoramic country & sea views. Swimming pool. Garden with auto irrigation system. Central heating system. Air conditioned. Fully equipped kitchen. High quality finishing materials.

Ref: 177FAR-M Price: €1,675,000



Goldra

Majestic 3 bedroom Villa located at Goldra, in Stª Bárbara area, on top of hills, w/ beautiful sea views. Probably best location in area. Comprised by kitchen, living & dining rooms, 3 bedrooms, 3 bathrooms, all en suite on main villa, plus 2 independent apartments (all fully equipped) in the basement. South-facing.

Ref: 161FAR-M Price: €1,050,000

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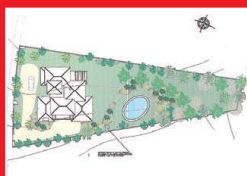
E-mail: sintra@era.pt



Lourel

Traditional Portuguese 2 bedroom villa to renovate. 5 minutes from Sintra. Annex with 2 bedrooms. Excellent opportunity.

PRICE: € 180.000 REF: STR1793



Quinta da Beloura

Luxury villa in a 1,483 sqm plot of land. 493 sqm of construction area. View over golf course. Can still choose between 2 kinds of architecture and different finishings.

PRICE: € 1.175.000 REF: STR1841



Galamares

Fabulous 480 sqm plot of land. Magnificent view over the mountain of Sintra. Great location in a very quiet area. Close to the beach and Sintra. Great opportunity.

PRICE: € 95.000 REF: STR1808



Sintra

Beautiful 2 bedroom villa in a great location. Recently refurbished. Close to all amenities, tourism and transportation. High rental potential.

PRICE: € 220.000 REF: STR1477



Arneiro Marinheiros

2,808 sqm land with a 3 bedroom single storey house. The plot offers the possibility to build another house. Close to Sintra with mountain view.

PRICE: € 290.000 REF: STR1291



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Carvoeiro central

Top floor apartment close to Carvoeiro beach w/ large communal sw. pool, elevator, ample parking. 2 bedrooms w/ wardrobes, lounge/dining area w/ wood burner, fully equipped kitchen, modern bathroom, large roof terrace w/ seaview. Very good investment.

Ref: A-235 Price: € 175,000



Salicos

2 bedroom apartment w/ established garden, very private BBQ area, communal sw. pool, most desirable location location, close to Centianes beach. Lounge w/ wood burner, modern kitchen, u/ floor heating in bedrooms. Ideal for rental or permanent home.

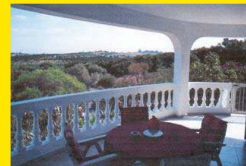
Ref: A-237 Price: € 250,000



Near Silves

Charming detached farmhouse on 1200 sqm plot. 2 double bedrooms, 1 shower room, spacious lounge/diner, equipped kitchen, small pantry, large covered patio. Nice garden, A/c, wood burner, garage/workshop, utility room, space for pool, own borehole.

Ref: V-351 Price: € 269,000



Salicos

Spacious 3 bedroom villa, excellent location w/ view of Monchi-que mountains, on a cul-de-sac. Close to Marinha beach. On 3000 sqm plot. Open space kitchen/lounge/dining room w/ wood burner, large terraces, easy to maintain garden. Space for swimming pool.

Ref: V-349 Price: € 450,000



Carvoeiro

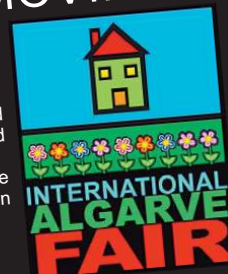
New construction. Villa composed of 3 bedrooms, 3 bathrooms en suite, 1 studio bedroom, 2 wc, lounge, kitchen fully equipped, laundry, 4-car garage, pool, Air conditioning/heating, under floor heating in bathrooms. Large terraces.

Ref: VH-459/07 Price: € 950,000

Are you...

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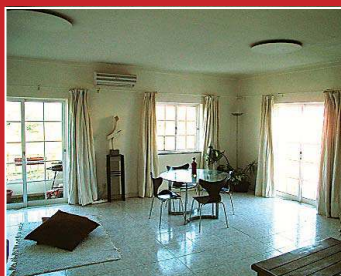
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Ref.: ST262



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- ★ ARMAÇÃO DE PÊRA, S266. Quiet, huge house, ideal for home with income, sea views. €425,000.
- ★ ALGOZ, ST295. Very quiet area, 2 bedrooms and mezzanine for extra space. €199,000.
- ★ PERA, ST261, newly built, quiet area, walking distance to village, nr beach & Salgados golf, 3 beds, big living kitchen, patio w/BBQ, sea views. €250,000.
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2 apartments, one studio under one roof.
Big potential, all with separate entrances.

Ref.: S257



Detached Villas & Homes with Income in Different Areas

- ★ SÃO BRAS, East Algarve, S168, rural property with annex & neighbouring buildings, 450m² living area on 4,670m² plot, walking distance to village, very quiet. Lovely countryside. € 550,000.
- ★ PADERNE AREA, S197. Main house 2 bedrooms, 2 bathrooms, studio, pool, garden, terraces, lovely views. €295,000.
- ★ MESSINES AREA near lakes, S275. Huge country house, 5 bedrooms on 20,000m² plot, 225 m² living area, pool, garden, terraces, beautiful views. €795,000.
- ★ MONCHIQUE AREA, S190. Huge property, 6 bedrooms, 15,000 m² plot, several guest houses, 550 m² living area, Spacious pool with island, sea views in the distance. €749,000.

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PLANET SOFA

Succumb to Scandi style

Now the dark days of winter are over, we're all craving light. Copying the bright, airy rooms that are a trademark of Scandinavian style could be the answer. Find out how to go Scandi for spring savvy rooms.

There's so much more to Scandinavian style than flat-pack furniture and its attendant stress.

Instead, just think about rooms that seem with their colour schemes to be flooded with light whatever the weather, are furnished with pieces with timeless good looks and effortlessly seem to combine comfort with elegance.

This is the essence of cool, calm, sleek 'Scandi style' and those appealing qualities explain perhaps why we don't seem to be able to get enough of it.

While Swedish giant Ikea has long dominated the mass market with its winning combination of top class design and rock bottom prices, the growing popularity of the look has now brought a host of other smaller companies to the UK, offering people even more opportunity not only to interpret the look in their own homes but in a more individual way.

Companies who've recently come to the UK include inspirational Finnish fabric makers Marimekko through to Iittala, which offers a treasure trove of Finnish glassware and accessories.

Scandinavia's style is inspired partly by its seasons as interior designer, Gail Abbott explains: "In the far northern countries of Scandinavia, the clear summer light is one of the dominant features of the landscape. Forests, lakes and mountains are bathed in its clarity, and for half the year the sun hardly sets below the horizon."

"People make the most of the outdoors while they can, for the winter means long dark days when light is low and short-lived. Because of this, light is a quality that is highly valued."

So the fundamental principles of the Scandinavian look are - light-reflective white painted walls, modest window treatments designed to avoid blocking the light and a basically uncluttered feel. They work together to create a smooth blend of the contemporary and the timeless, which can suit any home and isn't expensive to achieve.

But while pale walls and white surfaces give an authentic feel to a room, acres of white could be cold and unappealing in our hard Northern light, so the use of an accent colour adds in-

dividuality, interest and warmth.

Traditionally, those colours are sourced from the rich palette of the outdoors to provide an uplifting contrast.

Gail, author of a new beautifully illustrated book, *Living with Light*, which shows how to recreate all the home-transforming elements of the style says: "Outside in winter red berries, a dark green pine tree, or a clear blue sky provide relief from the acres of whiteness and so those colours are reflected indoors in Scandinavian rooms."

"Red and blue are characteristic colours but any vivid tones, used with restraint, will inject a touch of drama. Blue and white are as fresh and easy to live with as a summer's day. In countries where the warm months are short, homeowners like to make the interiors of their house as delightful as a walk outside, and there's nothing like the combination of sky blue and brilliant white to evoke the wide-open spaces of the Scandinavian countryside."

If you're yearning for 'Scandi-style' follow Gail's guide to the look.

Gabrielle Fagan

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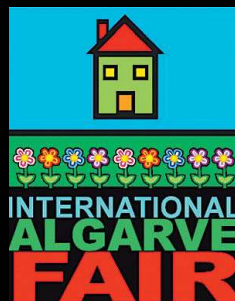
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Detached Villas at the West Coast / Costa Vicentina with pool

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- Both villas have enough privacy & are set on 1.000m² plot each.

Ref.: S310



Detached Villas located at the West Coast / Costa Vicentina

- Nr. MONTE CLÉRIGO, S309, charming 3 bed villa situated in front of the dunes. 205 m² living area on two floors, covered pool, lovely sea views. € 355,000.
- ARRIFANA, S110, charming villa in Portuguese style, completely refurbished w/conservatory & panoramic sea views, 3 beds on two floors. € 350,000.
- VALE DA TELHA, S231, Sector H, newly built spacious villa to very high standards, 3 bedrooms. € 325,000.
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Gardening - Spruce up your front garden for sale

An attractive front garden can significantly increase the value to your property, according to new research from PlantforLife, a campaign by the Horticultural Trades Association which aims to help people make the most of their gardens.

Some 78% of the 532 estate agents surveyed said the front garden forms part of their sales pitch, while more than a third agreed that the appearance of a front garden is key to clinching that essential offer.

So, if you are thinking of selling your house this year, you need to get cracking now.

A good design can make a small space appear much larger, while clever planting can add privacy and security to your home. Even if you have a tiny front garden there are still ways to use the available space to create positive first im-

pressions. A few carefully-planted, strategically-placed window boxes and containers near the front door can brighten up the entrance dramatically.

For summer colour, plant bedding plants such as petunias and nicotiana in late May. These can be replaced with pansies in September to keep the display going through the winter. If you want the containers to look good now, choose evergreen shrubs such as skimmia mixed with spring-flowing plants now abundant at your local garden centre, such as primulas, trailing ivy and a few

ready-grown spring bulbs such as narcissi. If your front garden space is used primarily for parking the car, use ground cover plants and containers in the non-driveaway space to perk up the area. Check out the dead spaces in the corners which may lend themselves to some plantings. Alternatively try separating the driveway from the rest of the garden with small trees or shrub borders.

If there is soil available, plant low-maintenance ground cover plants such as creeping juniper or cranesbill geranium to help deter weeds and provide some colour. If you like the minimalist approach and prefer surfaces covered with gravel or paving then there is enormous scope to design an interesting front garden. A simple paved garden could be enhanced with plantings of rosemary, lavender and thyme.

You should think about drainage when planning your front garden. You don't need planning permission to pave an area if the surface is porous or permeable, but you may need to improve soil drainage by adding bulky organic materials or grit to the soil.

Have you unsightly walls and fences that climbers could scram-

ble up? Clematis alpina cultivars, Hydrangea anomala subsp. petiolaris, variegated ivy cultivars and ceanothus such as 'Delight' may be ideal for the job.

If you don't want to redesign, you can still brighten up your front garden to help sell your property. It may also be time to bring out the paintbrush. If you have a front gate, paint it and make sure it's working.

Some 58% of estate agents agree quick fix solutions such as tidying up the front garden with flowers and shrubs will most effectively increase the perceived value of a property.

A mixture of evergreens and herbaceous perennials should be fairly low maintenance, along with some colour at the front of a small border.

PlantforLife has teamed up with property experts Barnard Marcus to launch First Impressions, a guide offering simple garden designs, flowers, plants and maintenance advice for all types of garden.

First Impressions can be picked up from participating Barnard Marcus estate agents or downloaded for free from www.plantforlife.info.

Hannah Stephenson

Best of the bunch - *Verbena bonariensis*



Not to be confused with the bedding verbenas that grace containers and hanging baskets every year, *Verbena bonariensis* is a tall (100cm plus) border perennial which produces slender flower stems bearing small purple flowers on branching tips from June to October.

Ideally, plant it in mixed borders for its colourful, fragile-looking gypsophila-like

blooms as the wiry stems are insignificant. It's an uncluttered plant whose narrow stems don't conceal other flowers which may be blooming behind. It's a shortlived, borderline-hardy perennial which self-seeds but won't interfere with other plantings. It thrives best in a well-drained spot but can be damaged in hard winter frost.

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Good enough to eat - Chilli peppers



If you want to grow something that's going to spice up your food try sowing some chilli peppers in a sheltered place now. They need a sunny spot and high temperatures so are best grown under the same conditions as tomatoes or cucumbers.

Seeds should be sown at 20C in pots or modules of seed compost. The really hot varieties can take a month to germinate so they should be sown in late winter. Milder ones can be sown in early spring and transferred into 9cm pots when big enough and then grown on at 18C. When the plants are 20cm tall, pinch out the tips to promote bushiness. If you want lots of small chillis, pinch out the sideshoots again later on. When the roots fill the pot, the plants can be transferred to 30cm tubs. If you are planting out, harden them out in early summer.

Plants can be trained up canes and should be fed regularly with a general fertiliser until flowers form. They can be picked before they are ripe, or left on the plant until they change colour, although you won't get as many fruits if you leave them too long. Hot varieties include Thai Dragon, a red type, and the jalapeno pepper Summer Heat, which is milder.





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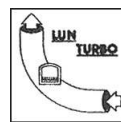
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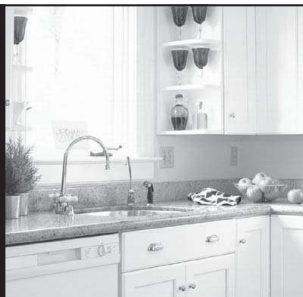
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Colour and Light



Gail says: "Getting light into rooms instantly improves them - particularly in our often sunshine-starved Northern hemisphere homes - and there are plenty of ways to do that without spending a lot of money. Used well, also, all these elements will combine to make a room appear bigger than it actually is."

To create 'Scandi style' opt

for simple, clutter-free rooms with white walls and painted or pale coloured floors and white-covered furniture. Pale furnishing fabrics on furniture needn't be impractical as long as they're loose and in washable fabrics.

If all white is too cold for your taste, opt instead for a soft colour palette of soft white, pale greys and blues, and include an

accent colour - blue or red is characteristic of the look - and can lift a white room.

Dress windows simply to allow light to filter through, or use white-painted shutters - both treatments work well.

Allow every surface to reflect light - even in small rooms - by using mirrors and gleaming materials like stainless steel and chrome.

Walls

Panelled walls are a characteristic feature of many Scandinavian rooms, both traditional and contemporary, partly because most houses are built in wood.

Paneling in these homes can feature tall, rectangular panels of fine moulding, or carved panels that normally line the lower part of the walls only.

Transform your own plain walls by creating a grand 'panel' effect. Fit strips of decorative beading or narrow wooden moulding with mitred corners to a plain wall and paint them to match, or use a classic Scandinavian contrast like blue or green on white walls. Source moulding from DIY stores like B&Q, Wickes or Homebase.

In many Swedish homes, narrow tongue and groove boards are usually mounted vertically and cover the whole wall and often the ceiling too. If this is your choice, use different paint types to give walls interest and to help reflect the light - a dull matt, a soft sheen of silk, or highly reflective gloss. Source paint with subtle, authentic colours from companies such as Farrow & Ball, or the eco-chic paint range by designer Oliver Heath for Earthborn Paints.

Floors



A white wood stain used on bare wood looks fresh and modern as it allows the grain of the wood to show through but still reflects light. It's practical for wood panelled high ceilings and lofty spaces, as the planks can be stained before being put into place and won't need attention for many years.

Bare wooden floors are often treated with a few coats of white oil, or even a solution of lye, which bleaches the colour out of the wood. The floors are regularly cleaned with white soap, which builds up colour over the years and forms a hard-wearing finish.

Scandinavian stairs are rarely carpeted and the wood is often left bare and sealed with a natural varnish or oil. If you opt for painting stairs, painting both risers and treads the same col-

our as the surrounding skirting boards will make a narrow set of stairs look much wider.

If you are going to do this, sand back the wood to a smooth finish after stripping it of any old varnish or paint, and then use two or three coats of good quality paint. Encourage everyone to take their shoes off when they enter the house which will help keep painted floors and stairs clean and unscuffed.

Consult flooring specialists like Wooden Flooring Sales, and to source traditional Scandinavian oil or lye for wooden floors, go to a specialist company such as Eva Johnson.

Easy to wash cotton runners or rugs are common throughout Scandinavia, and are often handed down through the generations. Source hand woven rugs and runners from Ikea.

Furniture



Symmetry is key to achieving the ordered, calm restful atmosphere that's so characteristic of these rooms and it's an easy technique to emulate. A couple of painted wooden chairs might be arranged either side of a bureau, mirrors double each other, and decorative accessories like candlesticks are always displayed in pairs.

Capture the authentic style with furniture from companies such as Nordic Style and Gustavian which both sell timeless dining, bedroom and living room furniture as well as gorgeous accessories.

If your taste is more contemporary, companies such as Varier and Skandium celebrate the talents of classic Scandinavian designers and pioneer the work of new ones, while Ikea's new range has striking pieces (flat-pack notwithstanding) - such as a vibrant yellow Trollsta sideboard.

or blackout blinds behind sheer curtains. In traditionally built Swedish houses, the windows have a second, internal window that acts as secondary glazing, keeping rooms warm through long winters.

Add that all-important accent colour with simple striped fabrics like French mattress ticking, which comes in a range of colours from red and blue, to green, pink and even yellow.

Ticking is particularly useful for roller blinds as it has a stiffness that helps it pull up evenly. Source striped fabrics from companies such as Ian Mankin.

If you want to experiment with pattern and colour - increasingly popular in modern Scandinavian homes - Marimekko, which has been printing fabrics since 1951, recently opened shops in the UK and has some stunning designs.



Windows

Windows should have simple dressings which allow the light to filter through. Sheer white curtains or a voile blind can be a discreet way to maintain seclusion without losing light. White butter muslin, cotton lawn and fine veiling can be made into

unstructured blinds and unlined curtains.

For glamorous effects search out unusual textiles like organza, taffeta and tulle which will shimmer as they catch the light.

If you want more privacy, or to block out the light, use white

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500,000 reasons to consider the Fiat 500

Here's a number to get you thinking: 500,000. It's the approximate number of different Fiat 500 variants available. That includes all the colour, trim, engine options plus the tempting extras and the bits to help you personalise it.



With such a focus on the aesthetic angle, you get the distinct feeling that the 500 is something fashionable and expensive that you should wear.

Only it's not an expensive proposition. Prices start at a whisker above €13,500 and of the three engine options, two easily slip under the magic tax-friendly 120g/km CO2 barrier.

The 500 is one of those rare cars, something that comes along only once a generation; it reinvigorates the maker in question and causes a stir in the market. It happened recently with another car - you might have heard of it, it's called the Mini.

BMW proved that the formula of dragging an historic icon into the 21st century can work.

Indeed, it's been a roaring success. The German firm's approach to marketing the car has been, well, typically German and cerebral - you either get it or you don't. If you were polite you'd say it was quirky.

Fiat's approach is pretty simple and typically Italian: it's all about passion. It's figured that once you've seen one and then driven one you'll fall head over heels for one.

There's no question that the modern day 500 is a looker. Unlike the Mini, the little Fiat is more faithful to its stylistic origins and eschews the caricature approach adopted (unintentionally one hopes) by BMW's designers.

Sure the 500 is bigger than the car first launched in 1957, but not disproportionately so. Park it next to a regular car or watch it scythe through traffic and it still looks pretty small among all the 'grown up' cars.

Small is not a word you could use to describe the list of customisation options, though. This is one of the 500's strengths, and goes a long to explaining the potential for around 500,000 different variants.

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Bonnet stripes, roof stripes, complete roof graphics, numer-

ous interpretations of the Italian flag, different alloy wheel designs, a choice of seat fabrics plus a handful of leather options, body coloured instrument panel, it's all possible.

Everywhere you look, inside and out, the 500 feels like a premium product. The fit and finish is impressive for a small car, and when you factor in the modest pricing structure you soon find yourself mentally working out what's achievable within the budget of a more conventional compact hatch. And you know what, it's more than you think.

So we know that Fiat's 500 is small, stylish and boasting a vast array of options, but is it any good? Heads turn, fellow drivers smile and you get let out of junctions. So in a word, yes.

The cabin ambience - second only to the car's appearance - successfully blends the 500's common retro theme with modern controls and displays.

In fact, the car's main instruments are very modern, combining speedo and rev counter with a useful trip computer display all in one cowed unit. To the left and mounted high up is the more conventional stereo, with the ventilation controls - air-con or climate - located above the gearlever.

In essence the basic layout is

very much like Fiat's Panda, right down to the high mounted gearlever, on which the 500 is based. As such the 1.2, 1.4 petrol and 1.3 diesel engines hold few surprises. That's actually a lie because the two smallest capacity engines easily duck under the magic 120g/km CO2 barrier, while 1.4 petrol can be viewed as the mild 'performance' variant until the breathed on Abarth version appears.

On the road the 500 delivers a refined, measured experience. This is no sports car, but it makes no apologies for that fact: the supple ride, excellent cabin refinement and light but direct steering, height adjustable seating position and good visibility all prove perfect attributes for city driving.

Faster roads are no barrier to fun, though. Motorway speeds are no bother for the 500 and, especially in the diesel, maintaining a relaxed cruise is easy.

Somehow, with all the various options available and the huge potential for personalisation, it seems a little fruitless going through the car's specification.

However for the record there are three trim levels: Pop, Lounge and Sport. Remote locking, folding rear seat, trip computer, and a quality stereo all feature, with air-con or climate control, alloy wheels, leather covered steering

wheel, glass roof plus a Bluetooth phone MP3 player connection all possible on the Lounge and Sport variants.

Conveniently you can have any engine with any trim level and a five-speed manual 'box as standard, with the 1.4 petrol gaining a six-speeder. Crucially in this safety conscious era, the 500 boasts five stars for crash worthiness and all models come with seven airbags as standard.

For all the car's aesthetic appeal, there is no catch on a practical, day-to-day basis. The modern day 500 might still be a small car by current standards, but there's ample room up front for two adults and enough legroom exists in the rear to accommodate your friends on that short jaunt to the pub.

At the rear the boot is of decent size, and with the rear seat folded (either as one or 60:40 style depending on the model) you've got plenty of room for awkward items.

With the new 500, Fiat has created a modern interpretation of its classic icon that remains faithful to the original in so many ways.

There is no catch with this 500 either; it's a practical, affordable, well built and entertaining proposition. It's hard to resist and rightly so - it's a mini marvel if you excuse the pun.

FACTS AT A GLANCE

Model: Fiat 500 1.3 16v Multijet Lounge, from €17,500. Fiat 500 range from €13,500 to €19,040. Engine: 1.3-litre diesel unit developing 75hp. Transmission: 5-speed manual transmission as standard, front wheel drive. Performance: Maximum speed 165, 0-100kmh 12.5. Economy: 4.2l/100km. CO2 Rating: 110g/km.



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A feast full of Eastern promise

TV chef Barry Vera takes gives us a taste of Syria with some fascinating recipes as his new book *Feast Bazaar* is published.

and textures is so intriguing, leaving me with wonderful memories.

"In Syria, the dining experience is all about sharing," he explains. "Different dishes are placed in the middle of the table and everyone helps themselves - a truly great way to eat."

He adds: "The world is an amazing place. When you travel, experience everything you possibly can. I'm sharing some of the recipes that inspired me on my journey. I hope you enjoy them as much as I do."

While looking promising as a travel writer, Barry also has impeccable credentials as a chef.

Before settling in Australia in 2001 he worked for several high profile restaurants and chefs, including Marco Pierre White.

Australian Vogue Entertaining And Travel has named him an 'icon of Australian food' and his first restaurant, Vera Restaurant Cafe & Bar, in Melbourne, opened to rave reviews in 2006.

So why not take your own trip to Syria, courtesy of Barry and a few dishes he bought back from his travels? We've selected Hummus with Fried Lamb and Sumac, and a delicious almond pudding called Muhallabia.

Sam Wylie-Harris



Armchair travellers who love their food could be opened up to a whole new world, thanks to TV chef Barry Vera.

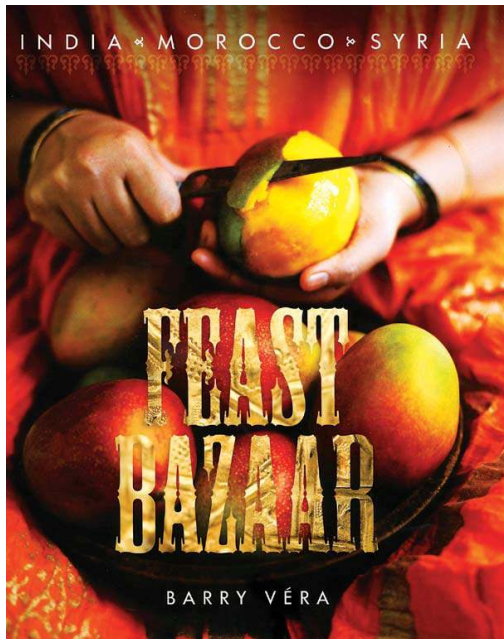
The English-born chef fronts his own TV series *Feast*, where he takes the viewer on a culinary journey, collecting recipes as he travels. And now you can try them at home with his new book, *Feast Bazaar*, which takes a trip through India and Morocco and the less well-known delights of Syria.

The book begins in Kerala ("The Spice Bowl of India") and moves on to the legendary city of Marrakech and finally, to Old Damascus.

While, Barry trained in France and now calls Australia home, he admits to being seduced by curry while in India and by fresh sardines in Morocco, but had his taste buds blown away by Damascus - said to be the oldest inhabited city in the world.

"My eyes were opened to a thrilling variety of new flavours, tastes and textures," he says.

"The people of Syria welcomed us with open arms. The food was everything it should be and deserves its high reputation. The variety of flavours



Feast Bazaar - India, Morocco, Syria by Barry Vera, published by Murdoch Books, priced £17.99 (A\$22.80)
Photos: Press Association

Hummus with Fried Lamb and Sumac

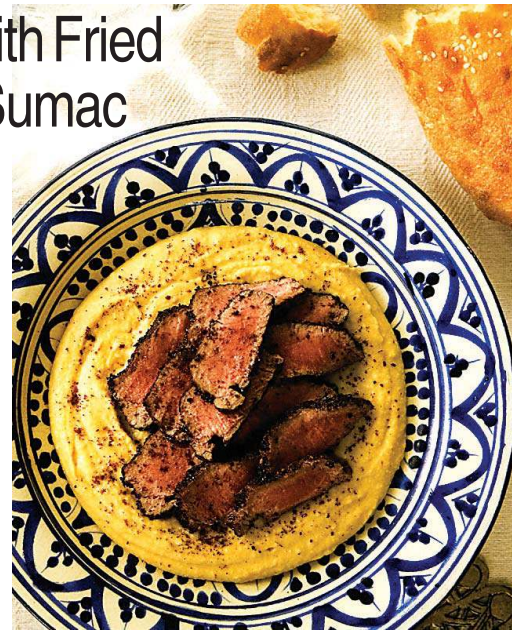
(Serves six)

"Hummus is always popular, and in Syria they serve it with fried lamb rolled in sumac as an entree," says Barry.

For the hummus:
500g tin chickpeas, rinsed and drained
4 tablespoons tahini
3 1/2tbsp lemon juice
6 garlic cloves, crushed
125ml extra virgin olive oil
4 x 100g lamb fillets
20g sumac
60ml olive oil

Sumac is the powder ground from the berries of the sumac tree. It is a deep red-purple in colour and imparts a wonderful salty and fruity flavour. Sumac should be purchased from reputable dealers, to ensure you are using true culinary sumac, as some trees in the same botanical family can cause allergic reactions.

To make the hummus, blend the chickpeas in a food processor until smooth. Mix in the tahini, lemon juice, garlic and extra virgin olive oil. Season well



with salt and stir to combine.

To prepare the lamb, roll the lamb fillets well in the sumac, making sure they are coated all over. Season well with salt.

Heat the olive oil in a frying pan over medium heat. Cook for two and a half minutes on each side to seal. The lamb will still be quite pink, if you prefer it well cooked,

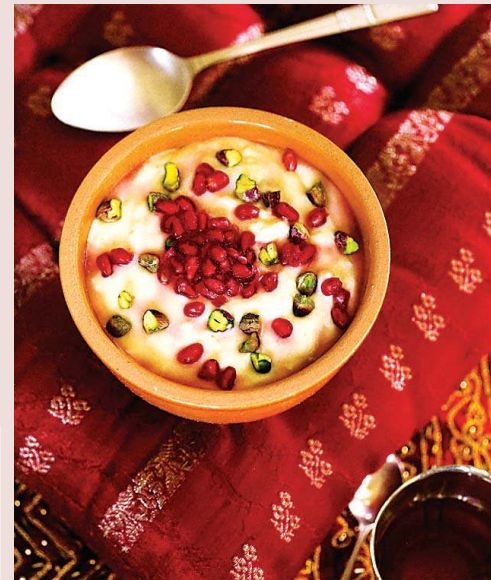
then cook for a further minute on each side. Remove from the heat, cover, and rest in a warm place for five minutes, before cutting into thin slices.

To serve, spoon the hummus onto a large platter. Arrange the lamb slices over the top. Season with a little sumac and salt and serve with bread.

Muhallabia - Almond Pudding

(Serves six)

"This was a popular dessert at Becash, an ice cream parlour in Damascus. The place was full from morning to night, and after tasting this wonderful delight I could truly understand why," says Barry.



45g rice flour
750ml full-cream (whole) milk
125g caster (superfine) sugar
80g ground almonds
1tbsp rosewater
pistachio nuts, to garnish
pomegranate seeds, to garnish
Mix the rice flour with 60ml of the milk and set aside.
Put the remaining milk in a saucepan over medium-high heat and bring to the boil. Add the rice flour and milk mixture, sugar and a pinch of salt and stir until the sugar has

dissolved. Reduce the heat and simmer, stirring constantly, for five minutes, or until the mixture thickens slightly.

Stir in the ground almonds and rosewater, remove from the heat and allow to cool for about one hour. (The mixture will thicken further to a soft rice pudding consistency.)

Pour the muhallabia into individual bowls and garnish with the pistachios and pomegranate seeds, to serve.

Restaurant guide

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Below the Church in Praia da Luz
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Tel: 282 762 091

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12, Lagos.

(Opposite the Cultural Centre)
Tel: 282 767 234

Meu Lim o Tapas & Wine Bar

Portuguese & International Tapas + full menu
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(In front of the Golden Chapel), Lagos.
Tel: 282 767 946

No Patio

International Restaurant
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Spring lamb surprise

It's all too easy to serve up the same old family dinner so get creative with a menu inspired by the top chefs from ITV1's Saturday Cook's programme. Host Antony Worrall Thompson shares an easy lamb dish.

Spring lamb's a favourite choice but you don't have to go for the classic roast with rosemary, there are countless other ways to prepare it.

If you're stuck for inspiration, take help from one of the string of talented cooks who appear on ITV's Saturday Cooks programme.

Their recipes for lamb, as well as a host of other dishes, feature in a new Saturday Cooks Cookbook.

The programme's host and author of the book's foreword, Antony Worrall Thompson, says: "I have lovely guests on the show,

mostly chefs who understand the programme's philosophy - keep it simple, keep it seasonal and make it delicious."

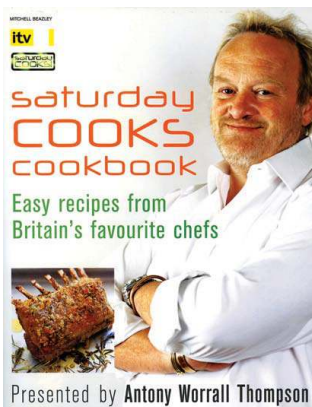
The book includes tempting dishes from around the world, such as French Onion Soup, Duck Breast with Sage and Black Pepper, or Limoncello Tart, all provided by chefs like Gary Rhodes, Ken Hom, Jean-Christophe Novelli, and Aldo Zilli.

For a lamb treat, Antony suggests Rack of Lamb with Pistachio Crust, while Jean-Christophe Novelli favours a Rump of Welsh Lamb with Broad Beans and Cherry Tomatoes.

Restaurant owner and chef Ed Baines reveals his favourite recipe is an easy-to-prepare Mustard and Herb Crusted Best End Of Lamb with Braised Vegetables, which allows the meat to be served as individual cutlets.

So, go on, spoil them on Sunday with a feast to remember: Gabrielle Fagan

Saturday Cooks Cookbook, is published by Mitchell Beazley, priced £14.99 (A\$18.70). Available now.



Pashmina - Your host, Ramin Bhasin has brought the finest Indian food to Praia da Luz. Situated in Avenida do Pescadores, just below the Church and next to a car park, it has glorious sea views from its terrace. Serving authentic Indian food, the interior decor is subdued and relaxing, and the prices offer value for money. There are both takeaway and children's menus, and a fine range of wines. The helpful staff will be happy to book your table to avoid disappointment.

Exquisitely-decorated with modern works of art, **Bistrodes Z'Artes** restaurant in Almancil is co-owned by renowned chef Stanley Van Buren and Simon Visser Domus. Presentation is always of the highest level of professionalism, a must for Stanley, who believes that first impressions are most important as "food must look as good as it tastes". Together they produce unique dishes such as: Peanut Butter Soup with Baked Banana and Yellow Curry Soup with Lemon Grass and Coconut Milk. Whether you are a meat or a fish person the menu offers something to satisfy even the most discerning connoisseur.

No Patio "The best kept secret in Lagos - once found never forgotten." Tucked away in the old part of town close to the Cultural Centre, No Patio has a simple, but elegant interior, with a secluded terrace and working

garden, full of fresh herbs and fruit trees. With high walls on all sides, alfresco dining is the norm, even when there is a breeze. The palm trees also provide shade and privacy. British owner Martyn Allen has created a food-lovers dream. A selective menu guarantees freshness of products, such as Seared Scallops and Prawns with bacon, and Rosemary and Lemon Butter; Honey Roasted Breast of Duck with a Citrus and Almond Glaze; and the No Patio Lemon Cheesecake, using lemons from their own garden. Not surprisingly, reservations are advised.

Faja Lobi is in fact an indigenous flower of Suriname and the words mean fiery passion, which is how chef Farida approaches her love of cooking, using recipes learnt from her mother and grand-mother. Recently opened in Alvor and believed to be the first and only such restaurant in the Algarve, dishes are largely influenced by Indonesian cuisine, though Farida and her husband Peter are happy to make dishes as spicy or mild as clients wish. There are smoking and non-smoking areas, plus a 'happy hour' between 5pm and 7pm with Dutch and Suriname snacks. Try their Surinam Ricetable at only €15 per person. Reservations are recommended and big groups are welcome, with seating for up to 100.

Mustard and Herb Crusted Best End of Lamb with Braised Vegetables

(Serves 4-6)

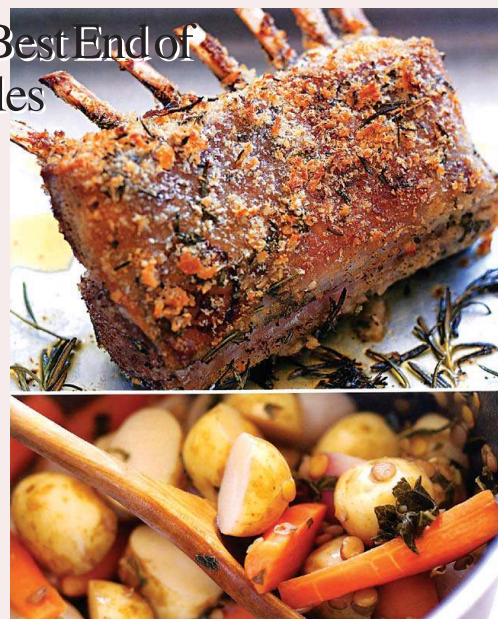
2 x 7-bone best end-of-lamb
2tbsp olive oil
55g (2oz) fresh white breadcrumbs
4 fresh rosemary sprigs, leaves stripped and finely chopped
2tbsp Dijon mustard
25g (1oz) butter
1tsp tomato puree
75ml (2 1/2 fl oz) red wine
200ml (7 fl oz) lamb stock
Salt and freshly ground black pepper
For the braised vegetables:
2 carrots, chopped lengthways
150g (5 1/2oz) new potatoes, scrubbed and chopped
55g (2oz) baby turnips, scrubbed and chopped
50g (1 3/4oz) lentils
55g (2oz) butter
1tbsp caster sugar
Bunch fresh mint, leaves stripped and chopped
3tbsp red wine vinegar

Preheat the oven to 180C/350F/Gas 4 and heat a heavy-based pan. Trim any excess fat

from the lamb and cut into two equal sized pieces. Add the oil to the pan and then quickly sear the two pieces of lamb to seal in the juices.

Mix the breadcrumbs and rosemary on a flat plate. Brush the fat side of the sealed lamb with the mustard and then roll it in the breadcrumb mixture to create crust. Arrange side-by-side in a roasting tin and roast for 25 minutes for pink lamb or longer if you prefer your meat well-done. When the lamb is cooked, transfer to a warm dish and leave to rest in a warm place for about 15 minutes.

Meanwhile, prepare the braised vegetables. Place the carrots in a large pan with the new potatoes and baby turnips. Tip in the lentils and pour in 300ml (1/2 pint) of water. Add the butter and sugar and bring to the boil, then boil fast for 20-25 minutes or until all of the vegetables and lentils are tender and the water has evaporated. Stir in the mint and red wine vinegar and cook for another few minutes to combine, stirring occasionally. Season to taste.



To make the gravy, heat the butter and tomato puree for one minute in a small pan. Add the red wine and cook for a few minutes or until reduced to a fifth of the original quantity. Pour in the stock and again reduce for about five minutes or until reduced to a fifth

of the original quantity. Season to taste.

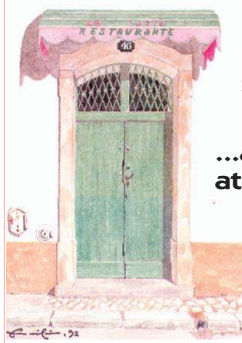
Carve the lamb into individual cutlets. Spoon the braised vegetables onto warmed plates and arrange the lamb cutlets on top. Drizzle around the gravy to serve.

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Dip dye delights

Fear not lovers of chic, hippies are not this summer's main fashion inspiration. And the 80s have not had a full revival. But, tie dye is back this season - although complete with a glossy makeover.

Banish ideas of home dyes and elastic bands in a bucket - the likes of Louis Vuitton, Nina Ricci, and Matthew Williamson all delighted the fashion pack at S/S shows with their designer take on dip dye.

Tie dye, dip dye, ombre

(French for shaded) - call it what you will, this trend is all about gorgeous graduated colour.

Celebrities have been quick to jump on the ombre act with Claire Danes and Thandie Newton sporting high fashion dip dye dresses on the red carpets, while

Madonna and Eva Mendez are currently clutching onto their Prada ombre handbags.

Tie dye is being touted as the trend we're all dye-ing to wear this summer so jump on that colourful bandwagon.

Lisa Haynes



Tie-dye-for glamour

Forget notions of prancing around a muddy field at Woodstock, this season's tie dye is ultra glam. Seek out luxurious silk and chiffon numbers if you're reserving your shady purchases for night-time. As for colour, look for pieces that graduate into an elegant rich tone like plum or navy.

Dip dye daytime

Boho babe? It's easier to embrace your hippy chic side with daywear. Make a fun bold statement by teaming a funky jersey dip dye tee with shorts, or throw on a tie die dress with flip flops and an over-sized floppy hat. If you want to do dip dye officewear, keep it sleek and practical by choosing darker pieces for a sophisticated look.

Ombre extras

If the thought of introducing tie dye to your wardrobe sends you back into a terrifying 80s time-war, you don't have to shun the trend completely. Prada's banana heel ombre shoes kicked off a big passion for shaded shoes - just choose the shiniest of ombre heels to tap into a more grown-up version of the look. Handbags and scarves are also an accessible way to inject a touch of tie dye into your spring/summer ensembles. Or flaunt your ombre on the beach with a stylish shaded bikini.



Photos:
Press
Association

RULES OF ENGAGEMENT

- Love the trend? Step away from the top-to-toe look (unless you're donning a maxi dress) and stick to just one tie dye garment at a time.
- Tie dye is fabulous for injecting colour into your wardrobe, but unless you're very brave, opt for a two-colour tie dye scheme rather than the full rainbow spectrum.
- Bright graduated sunset colours are big this season but won't wash in the office. Reserve dip dye brights for high-summer soirees and the holiday suitcase.
- Dip dye doesn't have to be all about look-at-me colour. The trend works just as well in muted greys and chic monochromes if you want an understated take on the look.
- Avoid matchy-matchy accessories. Don't be afraid to toughen up the dip dye trend with fierce gladiator heels, or soften your shaded chic with flat sandals.



Put some Spring in your hairstyle

GET THE LOOK: Shampoo and condition hair. Consider using an intensive conditioner as hair has to be in great condition for this look.

If hair is coarse or curly apply a smoothing serum or straightening balm.

Dry gently using a pure bristle brush to smooth hair while drying.

Add a heat defence spray before straightening or setting the hair with curling tongs - especially if hair is naturally curly.

Tong the hair in sections and pin while completing whole head.

Lightly brush through. Greater volume can be achieved by turning head upside down and applying hairspray. A light serum can be worked through the hair to add shine and texture.

We can all scrape our hair back into a boring bun when temperatures heat up, but where's the fun in that?

The glamorous S/S catwalks weren't just about designer clothes - models showed off an array of gorgeous hairstyles, from relaxed boho hippy locks to high maintenance beehives. Ms Winehouse you have a lot to answer for!

Sam McKnight, hairdresser and Pantene Pro-V ambassador, who styled tresses at Blumarine, Etro and Balmain shows, reveals the key styles for this summer.

With his easy tips and tricks, you don't need a personal hairdresser on hand, a la Kate Moss, to achieve the hottest looks for locks.

Lisa Haynes

GORGEOUSLY GROOMED: Seen at Blumarine, Lanvin, Gucci, D&G, Matthew Williamson, Ferragamo.

"'Gorgeously Groomed' is one of this season's key hair trends and partnered the more feminine and sexy catwalk looks," Sam explains. "This look is long, full of body and shiny."



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Tavira Men Top Rats

The male bowlers from the Algarve headed for Tavira County Lawn Bowling Club on Saturday to battle it out in the inaugural Tavira Men's Triples Trophy (RATS) sponsored by Intermaché São Brás de Alportel. Before play started a minutes silent was

observed in memory of Peter Judge a well known bowler in the Algarve who died suddenly last week.

As with the ladies the previous week each team play each other and following some excellent bowling during the day the Tavira Club took the honours, with Albufeira just pipping Alvor to the runners up spot.

President of the Tavira Club, Nick Purkis, presented the prizes to the winning team of John Freeman, Joe Matos, Roger Turner, Dennis Humpbleby, Denis Meakin and John Hewitson.

The men from Tavira and Albufeira will now take on the ladies from Tavira and Alvor in the 'Battle of the Sexes' at the Tavira Club on Monday May 5th starting at 2 p.m..



Lions Clube de Loulé Fund Raising Success

The successful sale on 2nd of March raised €755.

The next sale of nearly new clothes, linen, bric-a-brac, books and shoes at very reasonable prices will be on Sunday May 18th at Centro Comunitário, Almancil, 9.30 - 12pm. Admission free. Come along and support the Lions with their work for the local community. This year the Loulé Lions are supporting a number of causes, on March 20th ASAC were presented with a bed hoist costing €1,491.25 in February an Almancil family received €500 to help them support the child's treatment of cancer. An exception to supporting local causes is the 'Sight First Campaign', launched in 1990 and administered by the 'International Association of the Lions Clubs' and dedicated to treating everyone with preventable blindness throughout the world. In March

€500 was donated to this humanitarian cause.

Future events that the Lions of Loulé are supporting include a group of 17 Norwegian musicians performing popular music in the market place, Loulé on Saturday April 19 at 11am. Later on in the year in the memory of the very talented and hard working 'Lion' Marianela de Vasconcelos. There is to be an exhibition of her painting and poetry. This is to be held in the Convento Santo António, Loulé. Nov 8 - Dec 6. This is planned to be a major event, with Camara de Loulé providing great assistance.

The organisers are keen to hear from anyone who knew Marianela or even own some of her work to please email her daughter Tania on tania_v@hotmail.com

Eastern Algarve St. Andrew's Society

We will meet on Saturday 19th April at 5pm in Quinta Fonte Bispo Hotel in Sta. Catarina.

Everyone with Scottish blood, and their partners or spouses will be very welcome.

For further information please call 289 999 335 or 915 547 621.

Let's Walk on the West Coast.

Wednesday April 23rd

An absolutely fabulous 3 hour walk through unknown countryside and along the cliff tops near Carrapateira and Bordeira. Not to be missed, this is a part of the world that you can only see on foot.



10.30 start at the cafe in the centre of Bordeira. Travel west on the A22 and when it ends follow the signs for Aljezur. After 15km turn left towards Sagres and follow the road for 8km when you will see a sign for Bordeira on the left. Turn and drive into the village (cafe is on the right).

Let's Walk near Alcalar

Saturday April 26th & Monday April 28th

A moderately easy 2 hour walk through totally unspoilt countryside with amazing views to the sea.

10.30am start - meet at the blue and white cafe. From the A22 take the Alvor exit and at the roundabout follow the signs for Figueira, this brings you onto the EN125. Take the first turn to the left signed to Alcalar and Casais. You now follow the road for 9km

when the road will bend very sharply to the left onto a bridge at this point on your right you will see a large blue and white house the end part is a cafe.

All welcome, please just come along - there is a small charge which includes a donation to charity.

If you need any further information please contact Julie Statham 965 753 033

Irish Spring Flowers Walk

Saturday April 26th 10.30am

This has always proved a particularly beautiful and interesting walk along the coastline when the wild Spring flowers are at their colourful best.

Directions: Proceed along the A22 motorway to the western end (which heads north to Aljezur and Lisboa). At the end, it joins the EN120. Keep going north for about 20km, and just before you come to Aljezur there is a road to the LEFT with signs for Monte

Clerigo and Arrifana. About 1km up a steep hill is a T junction - turn RIGHT towards Monte Clerigo. Proceed until you come to a new housing area on the RIGHT, and we meet at the car park on the right just before the new houses.

Meeting time 10.30. Walk time approx. 2 hours. Lunch will be available afterwards.

For more info call Jim 282 431 595 or John O'Neill 969 459 029

Confrères of the Chaîne des Rôtisseurs, 'Jantar gastronómico'

Last Friday evening 42 Confrères of the Chaîne des Rôtisseurs, Bailliage de Algarve, and their friends met once again to celebrate the combined delights of superb food, excellent wine and good company. This time the chosen venue was Restaurant Amadeus in Almancil

Our host for the evening was Siegfried Danler-Heinemann; a very busy man who as well as being the Proprietor of Amadeus, is also the Chef. On that basis alone, he is entitled to give himself two pats on the back, the restaurant having been awarded a much coveted one star status in the Guide Michelin. He might also like to give himself and his staff yet another pat on the back for making his guests feel so welcome, and providing them with a delectable dinner which was served in five courses. To pick up a couple of personal highlights; his Fresh water Crayfish with morels, green asparagus and what he described as 'a brew of smoked fishes', was quite exquisite. So too was the simple sounding but sublime, 'Whole braised Veal shoulder'.

Upon arrival guests were greeted with a glass of Louis Dreschers Cava Brut from Penedès, and the dinner was accompanied by two South African wines. A Sauvignon Blanc from Rijk's Privat Cellar 2006, and a Cabernet/

Merlot blend from Muderbosch; the delicious and very robust, Faithful Hound 2003. Our thanks to Bill Godley of 'Algarve to a tee' who generously provided all the wine which, as always, formed an important part of a well served, carefully chosen, highly enjoyable, well balanced gastronomic dinner,

full of interesting and intriguing flavours.

Vive la Chaîne

The next meeting of the Chaîne des Rôtisseurs will be a luncheon at Vila Joya on Saturday 14th June. For further information, please contact Dr Jean Ferran on 282 912 822 or ferran@monchique.com



Charity Dinner Success for Children's Home in Alvor



The Dinner Dance on the 12th of April at the Restaurant Ponte Romana was another success. The guests enjoyed the evening specially the entertainment by António Moura. As usual everybody loved dancing. The raffle was in aid of the Lar de Crianças Bom Samaritano in Alvor.

As a special guest Margarida Cardoso told us about the home and the daily struggle of the organisation. The raffle raised €151 and was topped for €200 by Lothar Pfeiffer.

The Silves Football Club was there with their Spanish guests. Bettina Santos who sold the raffle tickets invited them to participate in the raffle. The representatives of the club then approached the organiser to help them with their dinner on the 10th of May, when they have guests from Liverpool here, to organise the music and another raffle to support the children's home.

This summer there will be 38 dinner dances and concerts at Hotel Vale de Rei, Suite and Village Resort organised by event organiser. To get on the invitation list for these events please send an email to Angela: organice.pt@gmail.com or call 936 384 275

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Why holidays can make you ill

Do you waste precious days off fretting, only to find that by the time you've unwound and de-stressed, your holiday is over? We find tips, techniques and strategies to ensure you relax quickly and really recharge during your break.

While we all look forward to our holidays - as a welcome time to relax and get away from routine - for millions a break may turn out to be a disappointment.

Around 40% of people are caught in a 'stress trap' which can leave them feeling worse when they're not working, rather than better, and 10% are even plagued by physical symptoms like nausea, headaches, dizziness or palpitations.

Yet expectations that a holiday will be a 'magic bullet' - an instant antidote to tension and pressure - are increasing, perhaps because, as recent research revealed, we're working harder than ever before.

Last year over a third of us spent more than 60 hours a week at work.

It's all adding up to a double-whammy of pressure according to Richard Hilliard, director of The Relaxation for Living Institute (www.rfli.co.uk).

"Not only do people often have huge and unrealistic expectations of a holiday - regarding it as a 'magic bullet' that will make them feel amazing overnight - but it makes them more conscious of the burden on them to make a break perfect for themselves and their family."

Ironically, although the thought of doing nothing is so seductive, Hilliard advises stressed, busy people not to immediately succumb to inactivity.

He says: "You can't expect to instantly slow down from 100

miles an hour to zero and feel good. Around 40% of people are so pressured and stressed with the demands of work and family that they're constantly running on adrenaline."

This is commonly called the 'fight or flight' hormone which is produced by the body in times of stress and which we originally relied on in primitive times to help us survive and flee from danger.

Hilliard warns: "Turning that off is not as simple as turning off a tap. If we've become accustomed to continual - and sometimes excessive - amounts of adrenaline to help us cope with stress, the body will not be able to cope with a sudden shut down, where activity stops dead."

"It's like going cold turkey and can leave the body floundering in a stew of stress chemicals. This affects around 10% of people so badly they can feel quite ill, and suffering a range of symptoms from headaches, fatigue, and digestive problems."

In fact, what's needed is a gradual adrenaline climbdown. Hilliard says: "People should prepare themselves for a holiday, in the same way they prepare for work, and take some common-sense steps which can minimise problems."

By doing following his advice there could be another bonus, which will last far beyond the holiday.

He says: "If people recognise that their adrenaline overload may be leading to a range of physical symptoms and

probably making them feel generally unwell and take steps to alter their lifestyle, they could even set themselves on a healthier path for the rest of the year."

So follow the experts' tips and strategies to ensure you relax, recharge and enjoy the break.

Gabrielle Fagan



Photos: Press Association

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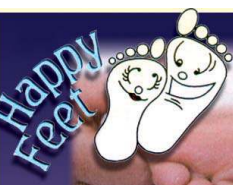
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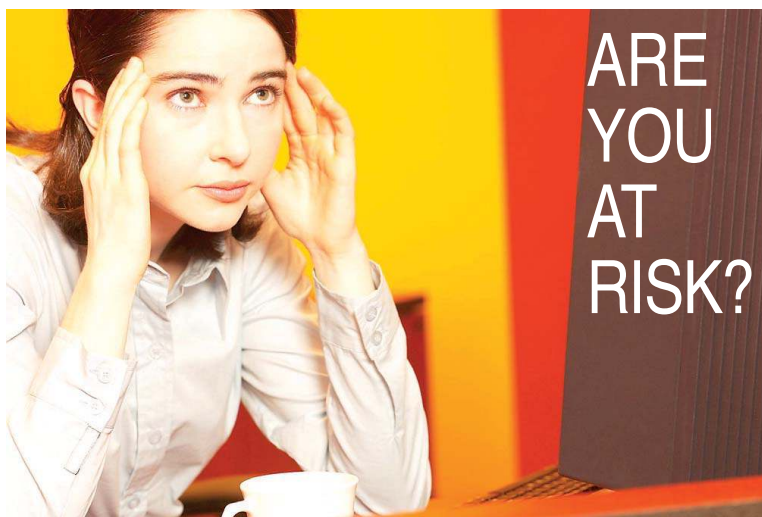
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ARE YOU AT RISK?

If you answer yes to one or all of these you could be suffering from the stress-trap - an overload of pressure and anxiety.

:: Do you spend days-off fretting over work, and often find by the time you've unwound and de-stressed your holiday is over?

:: Do you look forward to breaks but find they're spoilt because you often succumb to nagging ailments like headaches, an upset stomach or a feeling of constant 'butterflies' in the tummy, or back, neck or shoulder pain?

:: Do you look forward to spending time with friends or family but find when you're free you're too exhausted to take part in activities or are irritable and impatient?

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Nine complementary therapies under one practitioner

We are not born with a maintenance manual firmly clasped in our hand; therefore it is comforting to know that there are people who have spent years training in their specialist fields, people like Brooklyn Hales who is building a successful reputation throughout the Algarve with a technique called Integrative Therapy. Brooklyn is keen to point out that this is not a replacement to conventional medicine; often working alongside Doctors she is able to help many clients to improve their health.

Possibly the first Nutrition Consultant and Complementary Therapist in the Algarve to combine therapy with nutritional healing, Brooklyn describes the Integrative Therapy program (ITP) as being where east meets west, the combination of therapies used depends on her clients needs. The foundation of ITP is in de-

veloping the optimum nutritional needs of her client, and releasing the built up toxins with the use of acupressure, massage & lymphatic drainage. By simply making a few lifestyle and nutritional changes it is possible to protect the body from many 20th century diseases.

Explaining that we are all biochemically unique & individual our nutritional and supplement requirements are not the same as that of our neighbours. Lucretius said in 50 BC, 'One man's food is another man's poison'. One of the geniuses of our time, Dr Linus Pauling who sadly died in 1994, was the winner of two Nobel prizes and holder of 48 PhDs! Stated that 'optimum nutrition is the medicine of tomorrow'.

Brooklyn is keen to point out that thankfully we live in a wonderful part of the world where chemicals are not used widely on our foods, it is far easier to eat natural home grown foods here

than in many other parts of the world, this is a big step in reducing the toxins that enter our body.

In order to understand if a client has a nutritional deficiency Brooklyn explained "I always ask my clients a series of questions on their lifestyle, diet, sleep pattern, the area they live, previous illnesses and finally why they think they are ill?" with over 10 years experience working in my home country of America, England and now here in Portugal, I have found that many people are more tuned into their bodies than they realise, often consulting my clinic for help and confirmation on their own understanding of what is making them feel the way they do.

Clients who have struggled for years with high blood pressure are amazed that by changing their diet and taking recommended supplements, their blood pressure drops significantly in just one month.

Nutrition, supplements and simple lifestyle changes is the key to protection and help with many diseases including cancer, skin disorders, memory loss, weight gain, diabetes, hormone imbalance, PMS, attention deficit hyperactivity disorder and childhood concentration plus many more. For parents, the time you spend nourishing your child properly could be the greatest contribution you can make to their development and future health.

To book an appointment or for more information contact Brooklyn Hales on 289 543 544 or 967 134 479.

Frequently asked questions:

Q. What is ITP?

A. ITP or the Integrated Therapy Program is basically the amalgamation of convention medicine with complimentary therapies, around 2004; mainstream physicians and medical institutions began using non-conventional therapies alongside conventional medicines within their practices with excellent results. Since the early 50's over 3,500 man-made chemicals have found their way into the food we eat, these chemicals and other environmental chemicals block the body from receiving the correct nutrients to remain healthy; they also build up anti-nutrients (toxins). With ITP I rebalance this with natural detoxification and a tailored nutritional and supplement program is devised for my clients needs.

Q. Is this new or just another diet fad?

A. No this is definitely not new weight loss diet, nutrition has been the main stay of health for centuries, if a client needs to lose weight a healthy weight loss program is designed for them, ensuring they are receiving all the right nutrients. I am sure most people have heard the term **you are what you eat**, and a few jokes have come from this, however it is fundamentally true, because the body is composed entirely of molecules derived from the food

we eat, if we eat food that does not nourish our body or chemicals that are alien to our digestive system, the body cannot function properly, our organs and skeleton deteriorate, our immune system becomes overloaded and our vitality drops.

Q. Will I have to become a vegetarian?

A. No the nutritional diet devised for you is to allow your body to get the most nutrients from the food you eat, the only time I will advise you not to eat a particular food is if your body is rejecting it or shows an allergy to that product. Some foods are best avoided because they contain a high percentage of anti-nutrients or are best avoided for your health issues.

Q. I read that nutrition can help ADHD is this true?

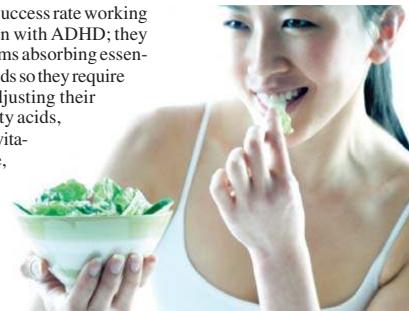
A. Yes, Nutritionists have had a very high success rate working with children with ADHD; they have problems absorbing essential fatty acids so they require more. By adjusting their essential fatty acids, mineral and vitamin intake, parents have seen a vast change in just 12 weeks.

Q. Will I have to have many sessions?

A. This depends on you, normally after the first consultation, I will not see the client again for three months, this is when you should reassess your needs, as your nutritional needs decrease as you get healthier. Also some supplements should not be taken long term, as a lot of them are natural antibiotics.

Q. How much do you charge?

A. I charge €60.00 for the 1st consultation; this will include your recommended nutritional diet plan and supplements recommendation detoxification massage with Lymphatic drainage, should you require further visits to adjust the diet plan within 12 weeks these are charged at €40.00 per consultation.



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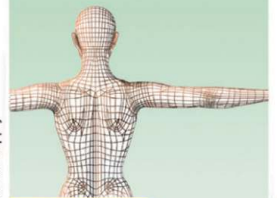
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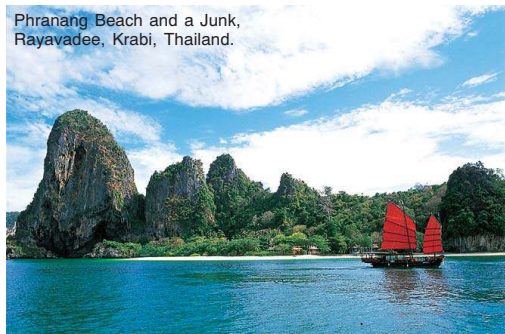
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Phranang Beach and a Junk, Rayavadee, Krabi, Thailand.



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The ultimate guilt-free getaway

There are some things you definitely don't need on holiday; an email from the office asking you to return urgently, a tummy bug or bad weather, particularly if you have children.

But one peculiarly modern ailment is increasingly difficult to dodge - eco guilt, as in, "Am I wrecking the place for the locals who actually live here?"

Our preoccupation with the planet and all things green means that if you're aware of conservation at home you can ruin your eco 'street cred' by leaving a huge carbon footprint in your holiday wake.

Thankfully, there's no need to restrict yourself and your family to a self-catering tent or caravan holiday on windswept UK beaches. A green wind of change is blowing through the world of luxury travel.

It's now possible to find resorts

which are an innovative fusion of eco-sensitivity and spectacular comfort, where you can relax, confident your impact on the environment is minimal.

Plenty awaits travellers to Thailand, now fully recovered from the 2004 tsunami and boasting new environmentally friendly destinations.

One new eco-resort is on a tiny, unspoilt west coast island called Yao Noi - it's English name means 'little island'.

At its heart, the new Six Senses Hideaway (formerly Evason Hideaway & Spa) harmonises so well with its tropical surroundings that it is barely visible from the private helicopter whisking you in over the Andaman Sea, and away from the bustling backpackers of Phuket.

This beautiful development has been painstakingly put together. Only wooden nails were used in

its construction, villas are made from sustainable local timbers, and all furnishing fabrics are either organic cotton or linens.

There are 56 spacious retreats - each with sun terrace and infinity pool - set in 24 acres of lush hillside, and the breathtaking views are balm to the soul.

Tension mysteriously melts away as you gaze, perhaps while lounging in the master suite or soaking in a sunken bath, at Phang Nga Bay's sparkling waters, which lap at the white sands of private beaches.

Further out from the shore, this area's famous towering limestone pinnacles stand proud of the sea in an awesome display, resembling the discarded teeth of some gigantic prehistoric monster. The bay featured in the Bond film, *The Man With The Golden Gun*.

Sandra Jaensch, resort manager, describes the Hideaway as "an escape from the distractions of the modern world. People who come here are as diverse as naturalists and those seeking to detox and rediscover the natural rhythms of their body and life, through to those seeking an

adrenaline surge with water sports or rock climbing.

"You can literally see people unwinding and becoming at peace with themselves as they are nourished by the beauty of the surroundings and enjoy total relaxa-

tion with staff attending their every whim."

You can enjoy total seclusion and never leave your villa if you so choose, which as well as being built to the most stringent environmental standards, also offers

every contemporary luxury and state-of-the-art media entertainment, as well as air conditioning.

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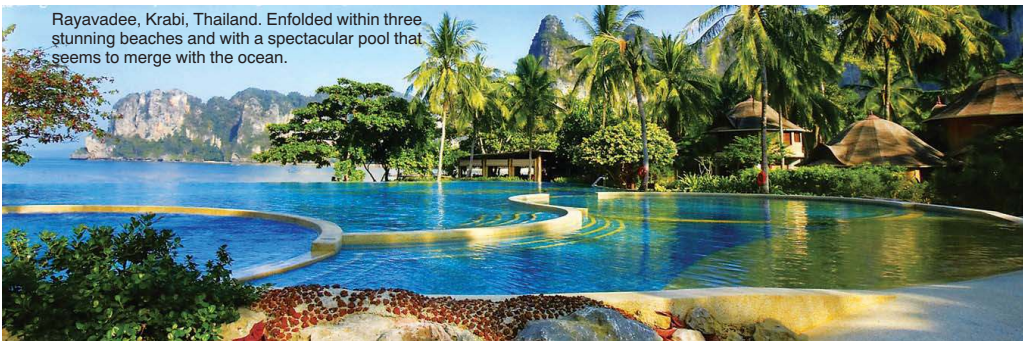
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Rayavadee, Krabi, Thailand. Enfolded within three stunning beaches and with a spectacular pool that seems to merge with the ocean.



TRAVELFACTS

Gabrielle Fagan was a guest of long-haul specialist Hayes & Jarvis, which tailor-made her six-night journey, including three nights' B&B at Rayavadee, Krabi, and three nights' room-only at the new Six Senses Hideaway Yao Noi (formerly Evason Hideaway & Spa) with flights from Thai Airways International from Heathrow. This package starts at £1,669 in June, including domestic flights and boat transfers. The same price applies to departures with Qatar Airways from Manchester.

Hayes & Jarvis reservations: +44 (0) 871 664 0246 and www.hayesandjarvis.co.uk.

- just one of the myriad ways the energy toll is minimised.

The resort also sources pure water from its own underground wells and bans plastic bottles.

Service is taken to a new level by the staff, whose gentle, courteous manner and willingness to cater for every desire make this feel like a nurturing home rather than an impersonal resort.

What could be more indulgent than your private butler? There's one per villa, serving champagne breakfast in bed as you watch the sunrise, or cocktails followed by a banquet on your candlelit deck in the evening.

But there's much to explore if you venture out in this former rubber plantation, with its lush landscaped gardens.

Take your pick from gourmet food at two restaurants, one is set in a wild mangrove forest - a nature reserve - which teems with birds and wildlife.

You can pump up the adrenaline, with water sports, golf, or rock climbing, or follow quieter pursuits like painting, yoga, and cookery classes.

Alternatively, arrange to be whisked by speedboat to picnic on a deserted cove.

Finishing a day with a visit to the spa for a massage or treatment, or having one in your villa, is the ultimate wind-down.

With some reluctance, I sailed

away from my island hideaway, but my next stop, the Rayavadee, fulfilled all my 'green' expectations too.

This renowned and established resort also prides itself on its harmony with the environment and has won awards for its sensitive eco-conscious development. It works with the community to minimise the effect of tourism on the landscape and wildlife.

A short boat ride from Krabi, in Thailand's southern province, the first sight of Rayavadee at the end of the forested, mountainous peninsula is spectacular.

It is fringed by three National Park beaches, and the accommodation - double storey rondavels (circular colonial style villas with a sitting room below, bedroom above) - is artfully tucked away amid this former coconut plantation.

The resort is reminiscent of a Thai village, with meandering paths bordered by streams and swaying palms, and abundant flora and fauna nurtured by its own organically produced fertiliser. Recycled water keeps the surroundings lush during the dry season.

The most popular residences, where I stayed, are near the huge infinity pool, which looks out on to the pure white sand Rayavadee beach and the emerald waters of the Andaman Sea.

Alternatively, there are private beachside villas looking out on to Phra Nang beach. As its beaches are public there's a little more bustle but it's entertaining to see occasional processions of beach masseuses, friendly hawkers with their wares, and the vividly decorated long-tail boats who moor to sell pad thai, fried rice and coconut milkshakes.

Days passed swiftly in sunbathing, and sampling four restaurants which included my favourite, the Kruba Phranang, serving Thai food and overlooking the ocean.

There are plenty of excursions available, an evening cruise by ancient Siamese junk to see more of the coastline, or a visit to a rainforest, river kayaking, white water rafting or an elephant safari.

I spent time on the tennis court (there's also squash), and visiting the spa - soaking in a scented bath scattered with pink petals.

In the evening, a cocktail in the Grotto, which nestles under an ancient limestone cliff on the edge of the beach, is enchanting, especially at dusk watching a glorious sunset.

In Thailand I enjoyed privacy, peace and an escape from the world, but best of all, with a clear eco-conscience I could claim that the only footprint I left behind was on the white sand of the beaches.

Gabrielle Fagan

Win a stay at the award-winning London Marriott West India Quay Hotel

To celebrate the London Marriott West India Quay Hotel winning the Gold accolade for 'Outstanding Customer Service' in the prestigious 2007 Visit London Awards, the hotel is offering one lucky reader and a guest the opportunity to enjoy a two night weekend stay with full English breakfast in a double or twin guestroom.

The hotel is firmly established as the leading five-star hotel in Canary Wharf and is perfectly situated for a weekend break. Not only does the hotel offer superb value weekend rates, which start from only £119 per room per night, but it is in an excellent location for exploring the many sights and attractions of Canary Wharf, Docklands and Greenwich.

The London Marriott West India Quay Hotel is a striking 32 storey glass and stainless steel building which has a dramatic curved shape. Many of the luxurious bedrooms at the hotel offer breathtaking views over the Thames and the City. The 22 suites are spacious and luxurious and have floor-to-ceiling glass walls on two sides which provide spectacular views across the London skyline.

There is much to see and do

nearby, excellent transport connections mean that Bond Street and the West End are only a 15-minute journey by underground. To enter this fabulous competition please answer the following question and e-mail your answer, name, and contact telephone number to: prize@the-news.net

(Entries must be received by 15th May 2008.)

Question: What award did the London Marriott West India Quay win in the Visit London Awards?

Terms and Conditions:

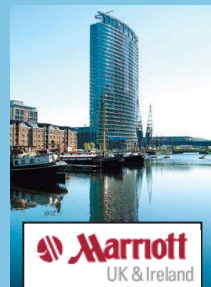
- * The prize is for a two night weekend stay with full English breakfast and is based on two people sharing a double or twin room.
 - * The travel card is valid for one day of the stay only, and includes a zone 1 and 2 travel card for the London Underground.
 - * The prize is subject to availability.
 - * The prize is valid until 30 November 2008.
 - * Any extras such as telephone calls and travel are not included.
 - * The prize is non transferable and no cash alternative is available.
 - * No correspondence must be entered into.
- London Marriott West India Quay Hotel, 22, Hertsmere Road, Canary Wharf, London E14 4ED, England.
Tel: 00 44 (0) 20 7093 1000 or see their website: www.londonmarriottwestindiaquay.co.uk

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Aerial view of Rayavadee, Krabi, Thailand in its natural setting.

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The frightening stomach torsion



I was talking to a friend the other day who reminded me of this frightening experience and suggested I write about it so that other people may be more aware than I was.

to Claudia, Margarida, Rachel and Clare for their wonderful professionalism and help.

Now the nitty gritty of details which, of course I found out later! I hope that they may lodge in someone's memory lest they ever need the information!

Bloat, Torsion, Gastric dilatation-volvulus (GDV). Call it what you will, this is a serious and life-threatening condition and a large number of breeds of dogs are susceptible. While the diagnosis is simple, the pathological changes in the dog's body make treatment complicated, sometimes expensive, and not always successful. It affects deep chested dogs, often ones that are fed daily, although not in Sandy's case. Often the dog is in the habit of bolting food, gulping air, or drinking large amounts of water immediately after eating to this feeding schedule and body type. Then add vigorous exercise after a full meal, and you have the recipe for bloat.

Of course, the fact that not all bloats happen in just the same way and the thought that some bloodlines are more at risk than others further complicates the issue. Simple gastric distension can occur in any breed or age of dog and is common in young puppies who overeat. This is sometimes referred to as pre-bloat by laymen. Belching of gas or vomiting food usually relieves the problem.

If this condition occurs more than once in a predisposed breed, the vet might discuss methods to prevent bloat, such as feeding smaller meals. Some vets recommend, and some owners request, prophylactic surgery to anchor the stomach in place before the torsion occurs in dogs who have experienced one or more bouts of distention or whose close relatives

have had GDV. Sandy, in fact, had this done in the hopes of preventing a repeat performance. So far so good as no more trouble in the last 6 years.

The technicalities of bloat Torsion or volvulus are terms to describe the twisting of the stomach after gastric distention occurs. The different terms are used to define the twisting whether it occurs on the longitudinal axis (torsion) or the mesenteric axis (volvulus). The oesophagus is closed off, limiting the dog's ability to relieve distention by vomiting or belching. Often the spleen becomes entrapped as well, and its blood supply is cut off.

Now a complex chain of physiologic events begins. The blood return to the heart decreases, cardiac output decreases, and cardiac arrhythmias may follow. Toxins build up in the dying stomach lining. The liver, pancreas, and upper small bowel may also be compromised. Shock from low blood pressure and endotoxins rapidly develops. Sometimes the stomach ruptures, leading to peritonitis.

Abdominal distension, salivating, and retching are the hallmark signs of GDV. Other signs may include restlessness, depression, lethargy, anorexia, weakness, or a rapid heart rate. I must thank my various medical books for the details here, beyond my layman's knowledge.

Treatment
GDV is a true emergency. If you know or even suspect your dog has bloat, immediately call your Vet. Do not attempt home treatment, do not take any risks, it is better to visit with a false alarm than leave it. I was told later by my UK Vet that a window of 45 minutes is the most you have. In the UK I would not have got to

my Vets in that time because of the traffic!

Call the Vet ahead to warn them, then while you are transporting the dog, the hospital staff can prepare for your arrival. Do not insist on accompanying your dog to the treatment area. Time is of the essence, you need to just let them get on with what has to be done—this is difficult but necessary. Well-meaning owners are an impediment to efficient care. Someone will be able to answer your questions as soon as possible, but for now, have faith in your Vet.

Initial diagnosis may include x-rays, an ECG, and blood tests, but treatment will probably be started before the test results are in.

The first step is to treat shock with IV fluids and steroids. Antibiotics and anti-arrhythmics may also be started now. Then the Vet will attempt to decompress the stomach by passing a stomach tube. If this is successful, a gastric lavage may be instituted to wash out accumulated food, gastric juices, or other stomach contents. In some cases, decompression is accomplished by placing large-bore needles or a trocar through the skin and muscle and directly into the stomach.

In some cases, this medical therapy is sufficient. However, in many cases, surgery is required to save the dog. Once the dog's condition is stabilized, surgery to correct the stomach twist, remove any unhealthy tissue, and anchor the stomach in place is performed. The gastropexy, or anchoring surgery, is an important procedure to prevent recurrence, and many variations exist. Your Vet will do the procedure he feels comfortable with and which has the best success rate.

Recovery is sometimes prolonged, sometimes requiring hospital stays of a week or more.

However Sandy, bless her, was out the next day and completely back to normal within the week. Post-operative care depends on the severity of the disease and the treatment methods employed and may include a special diet, drugs to promote gastric emptying, and routine wound management. We did take her to our UK Vet on our return to get her checked, also on the return trip we did not use the travel straps for her but let her lay across the car rather than "curled". Lennie made do with a smaller space!!

Prevention

Clearly, prevention of GDV is preferable to treatment. I was given advice from various places after. I immediately purchased raised bowls for all my dogs, to this day all my dogs eat from high bowls. (However, I gather that in the USA they feel the high feeding is not necessary). I feed my dogs twice a day, I always remain with them whilst they eat to monitor them and check that they do not 'bolt' the food fast. I NEVER feed my dogs and go out and leave them. I always remain in the house after feeding for at least an hour, two hours if possible—yes this is inconvenient at times but you just get used to factoring it in. My Vet in the UK lost her GSD to bloat as she had had to rush out on an emergency call, I have never forgotten her valuable advice. Do not allow any exercise for two hours after a meal. Chloe my OES and Merlin find this a difficult call as they love to play ball after dinner, but Mum does not allow it!

Whilst I would not wish this on anyone, having some knowledge is always a bonus.

Protect your pet with knowledge
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I must admit when it hit Sandy I had only ever heard of it in horses so was completely unprepared. It was many years ago, 2002 I think. We had just arrived in Portugal after a 36 hour drive from the UK and, in Sandy's case, it was not an overeating issue, possibly not enough eating, too much drinking (it was July and very hot) and she had just jumped out of the car—in hindsight possibly at a slightly crazy angle as she was excited.

She ran up the drive with Lennie, as always, both happy to be here in their wonderful garden, out of the confines of travel and the car. Five minutes later I heard awful ear-piercing screams, I have NEVER forgotten the noise, never. She was running around in circles, screaming, hiding under bushes, then she started foaming at the mouth—green foam. I could not console her, she was contorted with pain.

My first thought was poison. I rang the Management Company who looked after our farm, they were very unhelpful! I then rang the Vet, it was 15.00pm, Vets closed. But, luckily I had the emergency number, they could hear Sandy and said bring her FAST. Imagine the scene, we had driven for 36 hours, flat out, no showers, filthy travel clothes, but had to bundle a surprised Lennie and screaming Sandy back in the car. Got to the Vets in 7 mins, it was a mad dash.

We got to the Vets to find 2 Vets and 2 Nurses waiting, everything happened in double quick time, Sandy was now blue, an XRay was taken confirming their diagnosis and I was signing a Portuguese form whilst Sandy was whisked away for surgery. No guarantees were given—she was in big trouble. Needless to say after a very worrying few hours she survived. Thank you

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Water Trials Update 2008

Just to confirm that the Water Trials start on Sunday, 20th April. Beauty Contest about 10am, Water Trials after Beauty Contest usually about noon. Please note that the Water Trials and Beauty Contest are for Portuguese Water Dogs only. I can also confirm that Chloe my beautiful Old English Sheepdog will be with us on Sunday. We hope to see lots of you on Sunday, let us hope the weather is kind to us.

Protect your pet with knowledge
Copyright © Jan Cobley Paws 4 Pets 916 273 376

Petra & Robbie, we are brother and sister white poodles. We have never been looked after until now, our owner used to breed us for money! We are 3 years old, a little bit shy especially Robbie, but very sweet. We are now looking for a new loving home where we could live together as always. Petra will be spayed soon. If you love deeply poodles and have space for 2, Call Valérie 913 860 865

Suzie, beautiful little siamese cat, very young and adorable! She loves children. She has been spayed and she is waiting for a good loving home. She loves other cats as well.
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Kick parents out of football

Horror stories abound about parents' disgraceful behaviour on the sidelines, ranging from screaming and shouting abuse at both young players and referees, to physical violence.

Games all over the country have been abandoned because of parents' behaviour - Surrey County FA, for example, sent letters to more than 2,000 local youth teams earlier this season asking them to clamp down on parents' violent conduct after a series of touchline incidents led to matches being abandoned.

Paul Cooper, a children's football coach who co-founded the Give Us Back Our Game (GUBOG) campaign in a bid to "put children first" at matches, says the problem lies in the fact that children's football is no longer about the kids that play it, but the adults who watch and run it.

"The adults have completely taken over, and kids are playing to adult rules and for adult values. Those adult values mean normally mild-mannered mums can be on the sidelines screaming - that's what it does to parents."

As in adult games, the referees get a lot of the abuse, and the

linesmen don't escape either - a 40-year-old woman was cautioned recently by police and her 16-year-old son was reprimanded after a linesman ended up in hospital with head injuries following an attack at an under-13 match in Huddersfield.

Cooper suggests that the way to ease the pressure, and hopefully avoid such behaviour, is not to have leagues for young children, mix players of different abilities, and have no referee.

"That way they can play as children and have fun with no pressure, and the adults can step back."

"If parents shout and scream from the sidelines it has a negative effect on children's behaviour and the way they play, and the game isn't fun for them."

GUBOG has met the FA as part of the current FA Respect campaign, which aims to address poor behaviour from players to referees, and tackle pushy parents on the sidelines.

The campaign is currently running a series of pilot projects in youth leagues around the country,

When a children's football match kicks off these days, all too often the parents kick off too.

looking at how parents act at matches. The aim is to implement specific behavioural improvement measures identified in the pilot next season.

Suggestions include roping off the area where parents stand at matches, and introducing a standard code of conduct for them.

An FA spokesman says: "They're common sense measures."

"These matches are so emotive for the parents - they all have aspirations that their kid could be the next Beckham, and things spill over."

Kairen Cullen, an educational psychologist who has con-



sulted in community football schemes, says parents' behaviour on the sidelines often arises from a clash of roles.

"The tensions between being a responsible, mature adult clash with the emotional release of engaging in play and being childlike. This is all the more shocking when the adult is also a parent and their child is present."

Cullen says if parents behave badly at matches it affects children in different ways, but it can have a particular effect if the behaviour is out of character for the parent.

"Then children are likely to find it hard to handle, embarrassing and in some extreme cases harmful."

However, she points out that the behaviour of professional players and their managers also has a substantial effect on children's views on authority and rules, stressing: "In my view their influence is equally, if not more, key as it's likely that this influences both parents and children."

But Jim White, author of *You'll Win Nothing With Kids: Fathers, Sons And Football*, sums up the whole problem by saying: "In six years coaching my son's football team I have come to the following conclusion: short of excess intake of alcohol, there is nothing that alters the behaviour of adults for the worse as much as youth football."

Lisa Salmon

Ask the expert...

Q: I'm too scared to let my seven-year-old daughter play out unsupervised. What age do you think parents should let children out to play on their own?

A: Penny Nicholls, director of Children and Young People at The Children's Society, says: "Evidence we collected from our Good Childhood Inquiry suggests that by restricting a child's movement there's a risk that we may restrict their development."

"As a society we are in a real quandary - we want freedom for our children, but on the other hand we're becoming increasingly frightened to let them out."

"There's no age when you should or shouldn't let your child out to play. That'll depend on where you live, your assessment of the area and other factors pertinent to your environment - like if you live near a main road, or your child's level of confidence and competence."

"We recognise the fear that many parents share about possible abduction, but thankfully, evidence shows that abductions are extremely rare and that abusers are more likely to be people who are known to children."

"One of the most helpful tools we can give our children is confidence, since it can help them cope with most normal situations and give parents confidence that their child can play safely."

"Finding the right balance between enabling children to develop their independence and confidence and enjoy playing freely, and not fearing they'll come to harm, should be a priority for every parent, and one that can only be made by them."

Lazy teens are actually sleep-starved

Parents who give their teenagers a hard time for lazing in bed should heed new research which suggests the teens only do it because they aren't getting enough sleep.



And that "chronic sleep debt", say researchers, can make them irritable and depressed.

During school term-time, adolescents get significantly less sleep than they need because they have to get up as much as two-and-a-half hours earlier than they would naturally, say the researchers at Swinburne University in Melbourne, Australia.

They found that teens make up for this lack of sleep by having lie-ins at weekends, and going to bed later and waking later in the holidays.

The researchers, who studied the sleep patterns of 310 Australian senior school students to identify a teenager's ideal sleep schedule, found that ideally they needed about eight hours 45 minutes of sleep.

During the holidays they tended to get about nine hours 12 minutes, and during term-time they typically got less than eight hours.

Dr Greg Murray, one of the study's authors, says that at puberty biological changes mean teenagers become more 'night-owlish'.

"One obvious consequence of this change is that the school schedule, which requires many teens to rise early, will be a barrier to them getting sufficient sleep."

"The consequence of this was poorer academic performance, increased depressive symptoms, irritability and daytime fatigue."

"We also found that they tried to address their sleep need by substantial 'oversleeps' on the weekend."

THREE WAYS TO... Make doing the family laundry easier

1. Have at least two laundry baskets, one for dark and one for light clothes, and make sure the whole family knows which colours go in which basket.

2. Draw up a set of rules, like all dirty clothes should be put in a basket immediately, each family member should clean out their own pockets, etc.

3. After the washing's dry, fold it and put it on named shelves for each family member, so they can put their own washing away.



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LIVE MUSIC

FESTIVITIES

Spanish jazz sessions – São Brás

The friends of the São Brás Museum goes Spanish this weekend, featuring Yatra at the regular monthly Jazz Club session on Sunday, April 20th.

Yatra means 'Journey' in the Indian language, and this

is a journey through the various countries from which the musicians come, as well as a journey through the blend of their musical styles. The band offers a fine blend of Balkan music, Indian music structures, elements of Jazz and

Flamenco, crossing the borders of World Music. The band members consist of Caramela Pérez Leal 'La Chocolata' (vocals); Raimund Engelhardt (Zimbal / Tabla); Francesco Valente (Acoustic Bass); Johannes Krieger (Trumpet) and David Monge (Guitar).

April 20th at São Brás Museum from 8.30pm. Tickets: €5 to association members or €7 to non-members. For more information or bookings, call the museum on 289 840 100 or Eveline on 917 112 128.

Classical concerts – São Lourenço

Hiroko Ishimoto, one of Japan's most eminent pianists will be performing twice later this week. The first concert will consist of recitals by Claude Debussy, Béla Bartók, Franz Schubert, Takashi Yoshimatsu and Johann Sebastian Bach. The following concerts will feature works by Jean-Philippe Rameau, Béla Bartók, William Gillock and Frédéric Chopin.

Hiroko was born in Sapporo and studied at Tokyo's Toho School and the Juillard in New York. She became the group leader in a chamber music concert series called The

Juillard and Friends. After her studies in New York, Hiroko moved back to Japan where, for 10 years where she pursued an active career as a musician and also as a teacher back at the Toho School.

The New York Times has praised Hiroko's music as "a synthesis of creativity and tranquility" and the Music World Japan describes her playing as "absolutely original, with a natural sense of rhythm and ability to harmonize". At the Leonard Bernstein and Pacific Musical Festival, Hiroko's performance with the

London Symphony Orchestra received enthusiastic acclaim. Hiroko was originally introduced to Bartók's music at the Juillard. Since moving to Budapest five years ago, Hiroko has been able to further develop her passion for

Bartók's compositions. Hiroko's recording of Bartók's Three Folksongs from the County Csik can be heard in a Hungarian film "Children of Glory".

April 23rd and April 26th at

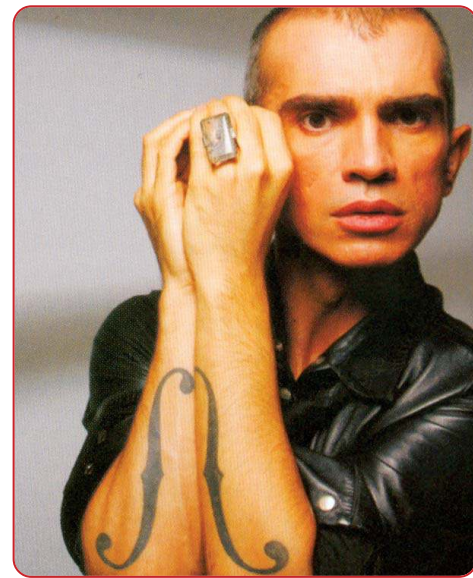
São Lourenço Cultural Centre, near Almancil from 7pm. For more information, visit www.centroculturalsaolourenco.com or call 289 395 475.

The Woman's Voice- Faro

The unique Brazilian artist with the powerful voice, that reaches more than four octaves, skips the boundaries of genres and provides a, until now, never presented cocktail of opera, gospel, Brazilian popular music, as well as international jazz and pop. The audience and critics regularly praise the mostly sold-out concerts,

His new project 'The Woman's voice' has one thing in common with his previous programs, yet it is completely different from what you would expect. According to the principle 'changing diversity into continuity'. Edson Cordeiro dedicates his vocal abilities to his biggest inspiration: the female voice.

April 24th at Teatro das figures in Faro from 9.30pm. Tickets: €15 - €20.



JUST FOR FUN

Suriname dinner and theatre evening at Faja Lobi, Alvor

On Saturday 26th April and Saturday 3rd May a unique evening of entertainment and cuisine will be held at Surinam speciality restaurant Faja Lobi, Alvor.

For just €30 per person, diners will enjoy a traditional Surinamese 'Rice Table', drinks included, and a play by the 'Benefactors' theatre group.

This time the play will feature four short comedies, directed by John Mountford

and produced by Barbara Mountford, named 'Love, Sex and Other Disasters'. Dinner starts at 19h30, show begins at 21h00.

Don't miss this unique evening of good food and good fun, an ideal opportunity to discover the delights of Surinamese cuisine, as well as sample some of the best regional acting.

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COMING SOON

LIVE CONCERTS

COMING SOON

Weekly updates on the biggest concerts coming your way...

APRIL
Down – April 27th at Lisbon Coliseu from 8pm. Tickets: €20.

Joe Satriani – April 30th at Lisbon Coliseu from 9.30pm. Tickets: €25.

MAY
30 Seconds to Mars – May 3rd at Estádio Alvalade XXI. Tickets: €25 - €35.

World Peace One – May 17th at Estádio Alvalade XXI. Tickets: €25 - €40. Further info TBA.

Pedro Abrunhosa – May 18th from 9pm at Teatro Municipal São Luiz in Lisbon. Tickets: €15 - €25.

Adriana Calcanhotto – May 19th

at Lisbon Coliseu from 10pm. Tickets: €25 - €50.

Asia – May 21st at Lisbon Coliseu. Further info TBA.

Cat Power – May 26th at Lisbon Coliseu from 10pm. Tickets: €20 - €40. May 28th at Oporto Coliseu from 10pm. Tickets: €20 - €40.

JUNE
Juanes – June 16th at Lisbon Pavilhão Atlântico from 8.30pm. Tickets: €25 - €40.

Herbie Hancock – July 5th in Loulé. Further info TBA.

Dee Dee Bridgewater – July 11th at Albufeira Golfed a Balaia. Further info TBA.

Jack Johnson – June 26th at Lisbon

Pavilhão do Atlântico from 8pm. Tickets: €28 - €40.

Tokio Hotel – June 29th at Lisbon Pavilhão Atlântico from 7.30pm. Tickets: €28 - €40.

JULY
James Blunt – July 4th at Lisbon Campo Pequeno. Tickets: €32.50 - €37.50.

Lucky Peterson – July 4th in Portimão. Further info TBA.

Herbie Hancock – July 5th in Loulé. Further info TBA.

Dee Dee Bridgewater – July 11th at Albufeira Golfed a Balaia. Further info TBA.

Jack Johnson – June 26th at Lisbon

Manhattan Transfer – July 12th in Portimão. Further info TBA.

Lou Reed – July 19th at Lisbon Campo Pequeno. July 20th at Loulé Largo do Monumento Duarte Pacheco.

AUGUST
Caetano Veloso – July 25th in Albufeira.

Diana Krall – July 29th at Albufeira in Marina. Further info TBA.

Simply Red – August 1st at Albufeira Herdade dos Salgados. Further info TBA.

Mariza – August 29th at Loulé, Vale do Lobo.

Jack Johnson – June 26th at Lisbon

April 25th commemorations

This public holiday is recognised throughout Portugal and celebrates the Carnation Revolution which brought an almost bloodless end to 48 years of Fascist rule under Antonio de Oliveira Salazar. The name 'Carnation Revolution' derives from the fact that those who brought about the change carried red carnations and achieved their political goals

without the use of violence. As the story goes, Fascist soldiers exchanged their bullets and weapons for the carnations which brought about the end of the dictatorship and welcomed in a democratic government. However, the 25 April is not marked by ostentatious celebrations and is a relatively subdued day when many shops and businesses remain closed.

Here are just some of the locals where festivities will be taking place:

Albufeira: Entertainment throughout the day, including fire-works at night.

Monchique: April 24th & 25th at Largo dos Chorões.

Portimão: There will be a concert performed by the Portuguese Military air force at the municipal auditorium from April 24th until 27th. On April 25th a 'freedom' race will take place at the Portimão riverside from 9am to 12pm.

Celebrations in Tavira

This week, Tavira residents will notice a celebratory environment, as emotions build up towards the anniversary in which Cabanas became a town.

And in true festive style, several events will be taking place throughout the area, including fado, theatre, live music, cinema, exhibition and many others.

April 19th – 25th in Cabanas in Tavira.

DANCE

Valse des Fleurs - Albufeira

A spectacular performance by the Academy of Dance of the Immortal

Sport Club will take place at Albufeira municipal auditorium.

April 19th from 9am at municipal auditorium in Albufeira.

Carmen – Vila Real

As part of celebration of the world day of dance, the Flamenco Maria Carrasco from Madrid are travelling to Portu-

gal to perform their ballet interpretation of Bizet's 'Carmen' at the António Aleixo cultural centre.

April 26th from 9.30pm in Vila Real Santo António. Call 281 510 001.

TALKS

Trevor Haywood

Professor Trevor Haywood will be continuing his talks on the lives deaths and funerals of British monarchs taken

from his new book 'Flesh and Bone' at the Museum at São Brás. The selection will include Henry VIII, Elizabeth I, Charles I, Oliver Cromwell, George III and Queen Victoria

April 23rd at São Brás Museum from 11am.

Send us your events to copy@the-news.net by Tuesday before publication.

SPORT

Portimão air festival

Portimão will play host to the air festival from April 25th to 27th, featuring not only air shows by some of the most acclaimed pilots, but will also feature live shows all related to aviation. Highlights include the participation of

Team Guinot of Aerosuperbatics and 'Wingwalking' sky dancers. An exhibition of more aircrafts will also be on display for the more hardcore fan, and flight simulators will be available for exhibition goers to try.

April 2th – 27th at Portimão riverside from 3pm to 7pm and 11am to 7pm on April 26th & 27th. For more information call 282 470 700.

BMW gathering - Lagos

The first ever national BMW gathering will take place next weekend in Lagos, organised by the BMW Auto club of Portugal. The aim of the event is to pro-

mote the beauty and power of the vehicles, as well as having a variety of cars available to the public to purchase, or simply just to window shop.

April 25th – 27th at Avenida dos Descobrimentos in Lagos.

Alte BTT marathon

Celebrating its 10th staging on April 25th, this years Alte Mountain bike outing marathon will take place in the beautiful Algarvean countryside. The event will con-

tinue to be divided into four levels, based on difficulty and length, such as 17km family outing; 27 km classic outing; 52km hall marathon and 75km marathon.

April 25th in Alte from 10am. Call 289 478 663/8.

Taekwondo Portugal Cup

Taekwondo is the national sport of South Korea. It is also regarded as the world's most popular martial art in terms of number of practitioners, and sparring, or *kyeorugi*, is an official Olympic

sporting event. In Korean *hanja*, *tae* means feet or kicking; *kwon* means hands or striking; and *do* means art, path, way, or method. Hence, *taekwondo* is loosely translated as the way of the foot and fist.

April 26th at Portimão Arena from 2pm to 6.30pm.

Jorge Palma – Lagos

Following his huge success with his last album 'Norte' in 2004, Portuguese musician Jorge Palma has been back in the studio, producing some new material. He has been described

as a magnificent song writer, with a classical stamp, capable of uniting a variety of different people around a single emotion, shined through in the form of music.



April 24th at Lagos Avenida dos Descobrimentos from 10pm. Call 282 780 060.



João Pedro Pais

Popular João Pedro Pais will be performing in Lagoa, as part of the third anniversary of the Lagoa municipal auditorium this weekend.

April 19th at Lagoa municipal auditorium. Tickets: €12.

LIVE CONCERTS

Backstreet Boys - Lisbon

The Backstreet Boys are a Grammy-nominated American vocal group. The group has charted 12 US. Top 40 hits on the Billboard Hot 100. The band approximately sold 120.6 million records, the best selling boy band of all time, and World's Biggest Money Makers (Concerts and Album

Sales) 1997-2005: number one.

Despite the Backstreet Boys being as popular as they are, they never held a number 1 spot on the Billboard Hot 100 list. Quit Playing Games (With My Heart) was their most successful single on the chart, peaking at #2.



April 25th at Lisbon Pavilhão Atlântico from 8pm. Tickets: € 25 - €35.

EXHIBITIONS

Moira Maguire & David Haines - Lagos

International artists Moira G Maguire (watercolour) and David Haines (oil and acrylic) will be ex-

hibiting their latest works at the Armazém Regimento 1 in Lagos from April 16th to 30th.



Gallery open from 9.30am to late. Call 968 290 627 for more information.

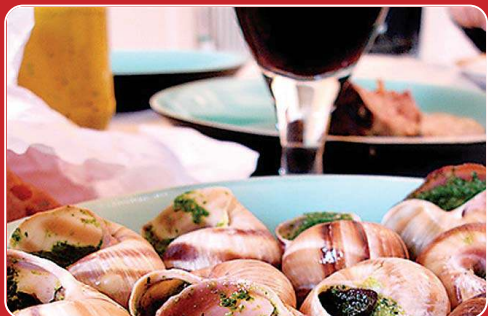
FESTIVALS

Snail festival - Tavira

Snails are considered as a delicacy, especially when served fresh.

If you are a fan, you cannot

afford to miss the snail fair, taking place on April 25th at Largo Estiramantens in Tavira.

10th Spring Fair of the Serra

A fair, dedicated to spring, featuring some 150 stalls, featuring a variety of homemade produces.



April 25th – 27th at Rua do Cais, Jardim do Coroto and Praça da república in Tavira from 10am to midnight.

COMING SOON

COMING SOON

FESTIVALS

COMING SOON

COMING SOON

MAY
World Peace One – May 17th at Estádio do Alvalade in Lisbon. Further info TBA.
Rock in Rio Lisboa – May 30th – June 8th at Parque da Bela Vista in Lisbon. Tickets: €53 daily tickets. Confirmed acts: May 30: Lenny Kravitz; Amy Winehouse; James Morrison; Ivete Sangalo; Sam the Kid & Cool Hoopnoise; Ricardo Azevedo & Lúcio Moniz; Philharmonia Weed & Prince Wadada; Paul Van Dyk. May 31: Bon Jovi; Alanis Morissette; Skunk; Alejandro Sanz; Expensive Soul; Sara Tavares; João Gil; Tito Paris; Marisa Pinto; NBC; Verónica Larrenne; Carl Cox. June 1:

Rod Stewart; Joss Stone; Boss AC; Tokio Hotel; Vitorino; Ala dos Namorados; Rão Kyao; Nancy Vieira; Jazzinho; Melo D. June 5: Metallica; Machine Head; Apocalyptica; Tim; Jorge Palma; Weaygunn; The Faith Gospel Choir; André Indiana; Sp & Wilson; 2 Many Djs; The Crystal Method; Miguel Quintão; Zé Pedro; June 6: Muse; Linkin Park; Offspring; Kaiser Chiefs; Orishas; Clá; Buraka Som Sistema; Daise Tigrora; Bruno M; Caim; Vibe; Stereo Addictions.

JULY
Super Bock Super Rock Porto – Parque da Cidade in Oporto from 5pm. July 4th: ZZ Top; Crowded House; Love & Rocks;

Xutos e Pontapés; David Fonseca. July 5th: Jamiroquai; Morcheeba; Clá; Jorge Palma; Brand New Heavies; Paolo Nutini; Sexy Sound System. Tickets: €35 - €80.
Super Bock Super Rock Lisboa – Parque Tejo in Lisbon from 5pm. July 9th: Iron Maiden; Slayer; Avenged Sevenfold; Rose Tattoo; Lauren Harris; Tara Perdigão. July 10th: Beck; Mika; Duran Duran; Digitalism; Mesa & Rui Reining; Tiesto. Tickets: €40 - €80.
Festival Oeiras Alive – Passeio Marítimo de Alges. July 10th: Rage Against the Machine; Spiritualized; Gogol Bordello; Cansei de Ser Sexy; The National; Sons of Albion; DJ Peaches. July 11th: Bob

Dylan; Within Temptation; Chris Cornell; Nouvelle Vague; Uffie; Mr Flash; Krazy; Baldhead; Vicarious Bliss. July 12th: Neil Young; Ben Harper & The Innocent Criminals; Donavon Frankenreiter; The Gossip; Roisin Murphy. Tickets: €45 - €80.
Festival Marés Vivas – July 17th – 19th at Gaia, Praia do Areinho. July 18th: The Prodigy. Tickets: €15 - €30.
Festival Músicas do Mundo – July 17th – July 26th in Sines. July 17th: Bassekou Kouyate. July 18th: Hazmat Modine. July 23rd: Kasai Allstars; Justin Adams & Juldeh Camara. July 24th: Orchestra Baobab; Beirut; Marful; Lo Cór

de La Plana. July 25th: KTU. July 26: Erika Stucky.
Festival do Tejo – Lisboa Pólo Universitário do Alto da Ajuda. July 18th: Patrice. July 19th: Mariza; Couple Coffee. July 20th: Patrice; Chiclete Com Banana; Jorge Palma. Tickets: €25 - €40.
Lagoa Burning Live – July 26th & 27th at Estômbar Parque de Exposições e Feiras.
AUGUST
Anti-Pop Music Festival – August 1st – 3rd at Viana do Castelo Forte S. Tiago da Barra.
Paredes de Coura – July 31st – August 3rd at Praia Fluvial do Tabuão. Tickets:

€40 - €70. July 31: Sex Pistols; Mando Dia; The Wombats. August 1st: Primal Scream; The Rakes. August 3rd: Thievery Corporation; Emir Kusturica; The No Smoking Orchestra.
Sudoeste – August 7th – 10th at Herdade da Casa Branca. August 7: Björk; La Fura Dels Baus. August 8: The Dynamics; La Fura Dels Baus. August 9: La Fura Dels Baus. August 10: Xutos & Pontapés & Orquestra de Matias do Hot Club; Jorge Palma; La Fura Dels Baus.
Surf Fest – August 14th – 15th in Sagres. August 15th: Emir Kusturica; The No Smoking Orchestra.

TICKETS Most tickets are available at FNAC outlets across the country, ATM machines, Abreu agencies, El Corte Inglés, Casa Viola, Ticketline or at the event itself on the night.
Websites: www.pavilhaoatlantico.pt; www.ticketline.pt | Phone numbers: 21 891 84 09 (Pavilhão Atlântico); 707 234 324 (Ticketline)



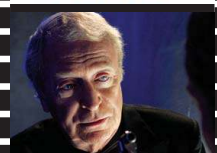
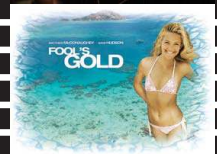
The Bank Job



Youth Without Youth



Rec



Sleuth



Vantage Point



St. Trinian's



The Mist



Horton Hears a Who



ALGARVE

SBC
FORUM ALGARVE
TEL: 289 887 212
17 APR-23 APR



1 The Bucket List

Jack Nicholson, Morgan Freeman
14.00-16.25-18.45-21.15 (23.35 Fri & Sat)

Winx Club: The Secret of the Lost Kingdom
Animation
(11.40 Sat & Sun)

2

The Eye

Jessica Alba, Alessandro Nivola
(13.05 except Sat & Sun) 15.25-17.40-19.55-22.10 (00.25 Fri & Sat)

Horton Hears a Who

Animation PV
(11.00 Sat & Sun)

3

Diary of the Dead

Shawn Roberts, Megan Park
15.20-17.25-19.40-22.00 (00.20 Fri & Sat)

10,000 BC

Steven Strait, Camilla Belle
(10.30 Sat & Sun) 13.00

4

Miss Petigrew Lives for a Day

Frances McDormand, Amy Adams
(12.10 Sat & Sun) 14.15-16.30-18.50-21.00 (23.25 Fri & Sat)

5

88 Minutes

Al Pacino, Amy Brenneman
14.10-16.40-16.10-21.40 (00.10 Fri & Sat)

6

Fool's Gold

Mathew McConaughey, Kate Hudson
13.45-16.20-18.55-21.30 (00.05 Fri & Sat)

7

Vantage Point

Dennis Quaid, Forest Whitaker
(12.30 Sat & Sun) 14.40-16.45-19.00-21.10 (23.20 Fri & Sat)

8

Love in the Time of Cholera

Javier Bardem, Giovanna Mezzogiorno
15.20-18.20-21.20 (00.15 Fri & Sat)

The Ugly Duckling and Me

Animation PV
(11.00 Sat & Sun) 13.10

9

The Bank Job

Jason Stratham, Saffron Burrows
(14.20 except Sat & Sun) 16.50-19.20-21.50 (00.30 Fri & Sat)

The Spiderwick Chronicles

Freddie Highmore, Mary-Louise Parker
(11.00-13.20 Sat & Sun)

LUSOMUNDO
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17 APR-23 APR

No Country for Old Men

Tommy Lee Jones, Javier Bardem
15.30-18.30-21.30

CASTELLO LOPES CINEMAS
ALGARVESHOPPING
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17 APR-23 APR



1

Donkey Xote

Animation PV
13.05-15.10-17.10-19.10

10,000 BC

Steven Strait, Camilla Belle
21.10 (23.30 Fri & Sat)

2

The Eye

Jessica Alba, Alessandro Nivola
14.00-16.25-19.10-21.45 (00.10 Fri & Sat)

3

Horton Hears a Who

Animation PV
13.00-15.00-17.00

St. Trinian's

Rupert Everett, Colin Firth
21.25 (23.50 Fri & Sat)

4

The Bucket List

Jack Nicholson, Morgan Freeman
13.50-16.15-19.00-21.35 (00.15 Fri & Sat)

5

Winx Club: The Secret of the Lost Kingdom
Animation
13.20

Rec

Javier Bolet, Manuel Bronchud
15.20-18.30-21.15 (23.55 Fri & Sat)

6

88 Minutes

Al Pacino, Amy Brenneman
13.30-15.55-18.40-21.25 (0.10 Fri & Sat)

7

Fool's Gold

Mathew McConaughey, Kate Hudson
13.10-16.15-18.55-21.40 (00.10 Fri & Sat)

8

Dan in Real Life

Steve Carell, Juliette Binoche
13.40-16.05-19.50-21.30 (00.10 Fri & Sat)

9

Vantage Point

Dennis Quaid, Forest Whitaker
13.25-15.30-17.35-19.40-21.50 (00.20 Fri & Sat)

CASTELLO LOPES CINEMAS
PORTIMÃO
TEL: 707 220 220
17 APR-23 APR



1

Fool's Gold

Mathew McConaughey, Kate Hudson
13.45-16.15-18.50-21.20 (23.50 Fri & Sat)

2

P.S. I Love You

Hilary Swank, Gerard Butler
13.40-16.10-18.40-21.10 (23.40 Fri & Sat)

3

Horton Hears a Who

Animation PV
13.50-15.40-17.40-19.40

Vantage Point

Dennis Quaid, Forest Whitaker
21.50 (00.10 Fri & Sat)

4

Winx Club: The Secret of the Lost Kingdom

Animation PV
14.05

Rec

Javier Bolet, Manuel Bronchud
16.05-18.00-19.55-22.00 (00.15 Fri & Sat)

5

The Other Boleyn Girl

Eric Bana, Natalie Portman
13.55-16.20-18.55-21.30 (00.00 Fri & Sat)

6

The Eye

Jessica Alba, Alessandro Nivola
14.00-16.25-19.00-21.40 (00.05 Fri & Sat)

CENTRE

LUSOMUNDO
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17 APR-23 APR

The Bucket List

Jack Nicholson, Morgan Freeman

Fool's Gold

Mathew McConaughey, Kate Hudson

Donkey Xote

Animation PV

The Mist

Thomas Jane, Nathan Gamble

Dan in Real Life

Steve Carell, Juliette Binoche

Hannah Montana / Miley Cyrus: Concert Tour

Miley Ray Cyrus, Kenny Ortega

U2 3D

Documentary

Horton Hears a Who

Animation OV & PV

10,000 BC

Steven Strait, Camilla Belle

88 Minutes

Al Pacino, Amy Brenneman

I'm Not There

Cate Blanchett, Christian Bale

Vantage Point

Dennis Quaid, Forest Whitaker

Rec

Javier Bolet, Manuel Bronchud

Diary of the Dead

Shawn Roberts, Megan Park

The Bank Job

Jason Stratham, Saffron Burrows

Winx Club: The Secret of the Lost Kingdom

Animation PV

Death Sentence

Kevin Bacon, Garrett Hedlund

The Eye

Jessica Alba, Alessandro Nivola

LUSOMUNDO
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17 APR-23 APR

The Eye

Jessica Alba, Alessandro Nivola

The Bucket List

Jack Nicholson, Morgan Freeman

Fool's Gold

Mathew McConaughey, Kate Hudson

Dan in Real Life

Steve Carell, Juliette Binoche

We Own the Night

Joaquin Phoenix, Mark Wahlberg

Hannah Montana / Miley Cyrus: Concert Tour

Miley Ray Cyrus, Kenny Ortega

U2 3D

Documentary

Horton Hears a Who

Animation PV

Youth Without Youth

Tim Roth, Alexandra Maria Lara

Rec

Javier Bolet, Manuel Bronchud

Winx Club: The Secret of the Lost Kingdom

Animation PV

Vantage Point

Dennis Quaid, Forest Whitaker

Pars Vite et Reviens Tard

José Garcia, Lucas Belvaux

Diary of the Dead

Shawn Roberts, Megan Park

Miss Petigrew Lives for a Day

Frances McDormand, Amy Adams

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17 APR-23 APR

Dan in Real Life

Steve Carell, Juliette Binoche

We Own the Night

Joaquin Phoenix, Mark Wahlberg

Donkey Xote

Animation PV

Vantage Point

Dennis Quaid, Forest Whitaker

Rec

Javier Bolet, Manuel Bronchud

Pars Vite et Reviens Tard

José Garcia, Lucas Belvaux

Love in the Time of Cholera

Javier Bardem, Giovanna Mezzogiorno

Youth Without Youth

Tim Roth, Alexandra Maria Lara

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17 APR-23 APR

Hannah Montana / Miley Cyrus: Concert Tour

Miley Ray Cyrus, Kenny Ortega

U2 3D

Documentary

Donkey Xote

Animation PV

Vantage Point

Dennis Quaid, Forest Whitaker

The Bucket List

Jack Nicholson, Morgan Freeman

Fool's Gold

Mathew McConaughey, Kate Hudson

Dan in Real Life

Steve Carell, Juliette Binoche

Rec

Javier Bolet, Manuel Bronchud

The Eye

Jessica Alba, Alessandro Nivola

LUSOMUNDO
COLOMBO
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17 APR-23 APR

88 Minutes

Al Pacino, Amy Brenneman

Rec

Javier Bolet, Manuel Bronchud

The Eye

Jessica Alba, Alessandro Nivola

Dan in Real Life

Steve Carell, Juliette Binoche

Fool's Gold

Mathew McConaughey, Kate Hudson

The Bucket List

Jack Nicholson, Morgan Freeman

The Bank Job

Jason Stratham, Saffron Burrows

Vantage Point

Dennis Quaid, Forest Whitaker

Donkey Xote

Animation PV

10,000 BC

Steven Strait, Camilla Belle

Hannah Montana / Miley Cyrus: Concert Tour

Miley Ray Cyrus, Kenny Ortega

U2 3D

Documentary

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17 APR-23 APR

No Country for Old Men

Tommy Lee Jones, Javier Bardem

Mad Money

Diane Keaton, Queen Latifah

Horton Hears a Who

Animation PV

Sleuth

Michael Caine, Jude Law

The Spiderwick Chronicles

Freddie Highmore, Mary-Louise Parker

UCI CINEMAS
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17 APR-23 APR



Rec

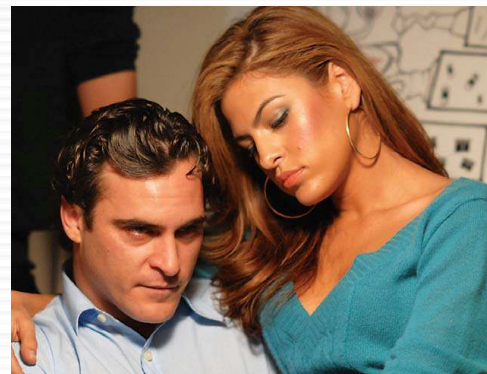
Javier Bolet, Manuel Bronchud

Juno

Ellen Page, Michael Cera

Vantage Point

Bobby Green (Joaquin Phoenix) has turned his back on the family business. The popular manager of El Caribe, the legendary Russian-owned nightclub in Brooklyn's Brighton Beach, he has changed his last name and concealed his connection to a long line of distinguished New York cops. For Bobby, every night is a party, as he greets friends and customers or dances with his beautiful Puerto Rican girlfriend, Amada (Eva Mendes), in a haze of cigarette smoke and disco music. But it's 1988, and New York City's drug trade is escalating. Bobby tries to keep a friendly distance from the Russian gangster who is operating out of the nightclub, a gangster who is being targeted by his brother, Joseph (Mark Wahlberg), an up-and-coming NYPD officer, and his father, Burt (Robert Duvall), the legendary deputy chief of police.



DAN IN REAL LIFE



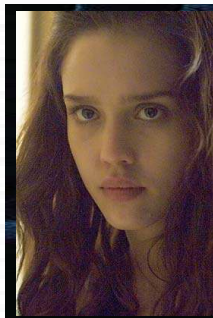
A conflicted romance collides head-on into the perils of family relations with fun-filled results in Peter Hedges' fresh, clever and hilarious take on the slice-of-life comedy, *Dan in Real Life*. Steve Carell stars as an ordinary guy who accidentally stumbles out of his "play-it-safe" life into the exhilarating world of the unexpected when he falls in love on what was supposed to be a family getaway. Starring alongside Dane Cook and Academy Award winner Juliette Binoche, Carell is about to discover a family weekend of chaos, confusion, awkwardness, and ultimately, his entire family's extraordinary capacity for love in the face of left-field surprises.

Dan Burns (Steve Carell) is a widower with three daughters, and writes a parenting column for his local newspaper. His strict rules for behaviour are tested when he falls for the girlfriend of his younger brother. Now Dan is about to realize, that no matter how wise safety might seem, when it comes to real life, he's going to have to break all the rules.

Sydney Wells (Jessica Alba) is an accomplished, independent, Los Angeles-based concert violinist. She is also blind, and has been so since a childhood tragedy. As our story opens, Sydney undergoes a double corneal transplant, a surgery she has waited her whole life to have, and her sight is restored. After the surgery, neural ophthalmologist Dr. Paul Faulkner (Alessandro Nivola) helps Sydney with the difficult adjustment, and with the support of her older sister Helen (Parker Posey), Sydney learns to see again.

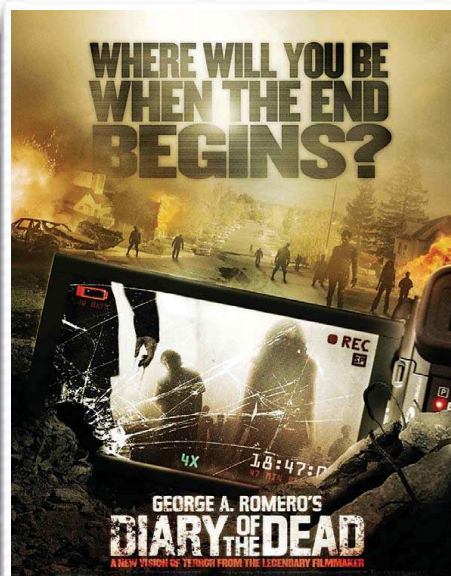
But Sydney's happiness is short-lived as unexplainable shadowy and frightening images start to haunt her. Are they a passing aftermath of her surgery, Sydney's mind adjusting to sight, a product of her imagination, or something horrifyingly real? As Sydney's family and friends begin to doubt her sanity, Sydney is soon convinced that her anonymous eye donor has somehow opened the door to a terrifying world only she can now see.

The Eye is a bone-chilling supernatural thriller that tests the boundaries of perception and reality.



MISS PETTIGREW LIVES FOR A DAY

In the 1939-set romantic tale, Miss Guinevere Pettigrew (Frances McDormand), a middle-aged London governess, finds herself unfairly dismissed from her job. An attempt to gain new employment catapults her into the glamorous world and dizzying social whirl of an American actress and singer, Delysia Lafosse (Amy Adams). Within minutes, Miss Pettigrew finds herself swept into a heady high-society milieu, and, by the end of the day discovers her own romantic destiny.



The master of horror returns to the kind of filmmaking he pioneered and the genre he invented. In his first independent zombie film in over twenty years, George A. Romero takes us back to ground zero in the history of the living dead.

When a group of film students making a horror movie in the woods discovers that the dead have begun to revive, they turn their cameras on the real-life horrors that suddenly confront them, creating a first person diary of their bloody encounters and the disintegration of everything they hold dear.



CELEB NEWS

Director **Martin Scorsese** was left disappointed he didn't manage to film police arresting Rolling Stones star **Keith Richards** for the DVD edition of his new rockumentary **Shine A Light**. Scorsese was flying to Los Angeles from the Berlin Film Festival in Germany, where the concert movie premiered in February, and agreed to drop the guitarist off en route in Newark, New Jersey. Police met the rocker at the airport, where Richards claims he was arrested over a passport mix up, and Scorsese was left watching the saga without being able to film the legend's exchange with airport cops. Richards says, "I got collared by the cops and dragged off. Something about the numbers in my passport, but I think it had to do with supervisors wanting to meet me. Martin saw me physically being arrested. He's sorry he didn't get that scene". «»» **Barbra Streisand** has stunned staff at Los Angeles' Cedars-Sinai Medical Center by donating \$5 million to a new health program. The singer has launched the Barbra Streisand Women's Cardiovascular Research and Education Program, which will fund research and education at the famous hospital. Streisand says, "Women need to be educated about female cardiovascular disease, and the medical community must be propelled toward change. Just like with breast cancer, the impetus must come from women themselves, striving to become empowered to reduce their risks for heart disease." «»» TV star **Jason Beghe** has slammed the controversial Church of Scientology, branding his former religion "destructive" and "dangerous." The actor, who has appeared in **CSI: Crime Scene Investigation** and **Criminal Minds**, began taking courses in Scientology in 1994, and even appeared in promotional footage for the religion in 2005. Beghe was considered a 'top Scientologist' or 'OT5', a rank similar to **Tom Cruise** and **John Travolta**'s standing in the church, but has now released footage on video-sharing website YouTube.com denouncing the controversial faith. According to FoxNews.com reporter Roger Friedman, the video is a three minute trailer for a forthcoming in-depth interview. In the footage, Beghe says, "Scientology is destructive and a rip-off. It's very, very dangerous for your spiritual, psychological, mental, emotional health and evolution. I think it stunts your evolution. If Scientology is real, then something's f**ked up. It isn't (sic) delivering what it promised. It sure has not." Beghe insists he has recorded the footage to help those who are influenced by the religion. He adds, "I don't have an agenda. I'm just trying to help. I have the luxury of having gotten into Scientology and after having been in it, been out. And that's a perspective that people who are still in and not out do not have". «»» A galaxy of comedians including **Adam Sandler**, **Ben Stiller** and **Chris Rock** teamed up to raise money for autism. The funnymen took the stage at New York's Beacon Theatre for *A Night Of Too Many Stars: An Overbooked Concert For Autism Education*, hosted by TV star **Jon Stewart**. The show, which was broadcast live on cable network *Comedy Central*, also featured **Matthew Broderick**, **Susan Sarandon**, **Tina Fey**, **Sarah Silverman**, **Will Arnett**, **Amy Poehler** and talk show host **Conan O'Brien**. Broderick said, "It's fun to be here. I'm a fan of 94 per cent of the performers. I'm always a little nervous. I hope it goes well." The last autism special, which took place in 2006, raised almost \$3 million. «»» Oscar-winning actress **Cate Blanchett** has given birth to her third child, welcoming another boy in to her family with playwright husband Andrew Upton. **The Aviator** star gave birth to son Ignatius Martin Upton, weighing just over eight pounds, according to Australian reports. The 38-year-old beauty married Upton in 1997 and has two sons with the writer/director, Dashiell, 6, and Roman, 3. Initial reports from Blanchett's representatives state the mother and child are doing well. The actress is next set to be seen onscreen in the highly anticipated summer adventure **Indiana Jones And The Kingdom Of The Crystal Skull**. «»»

NORTH

UCICINEMAS
ARRABIDA SHOPPING
TEL: 707 23 22 21
17 APR-23 APR



The Bucket List
Jack Nicholson, Morgan Freeman
Vantage Point
Dennis Quaid, Forest Whitaker
Miss Pettigrew Lives for a Day
Frances McDormand, Amy Adams
10,000 BC
Steven Strait, Camilla Belle
Death Sentence
Kevin Bacon, Garrett Hedlund
Horton Hears a Who
Animation OV & PV
The Mist
Thomas Jane, Nathan Gamble
Love in the Time of Cholera
Javier Bardem, Giovanna Mezzogiorno
St. Trinian's
Rupert Everett, Colin Firth
The Other Boleyn Girl
Eric Bana, Natalie Portman
Rec
Javier Bolet, Manuel Bronchud
The Bank Job
Jason Stratham, Saffron Burrows
The Eye
Jessica Alba, Alessandro Nivola
We Own the Night
Joaquin Phoenix, Mark Wahlberg
Donkey Xote
Animation PV
Mad Money
Diane Keaton, Queen Latifah
Diary of the Dead
Shawn Roberts, Megan Park
Fool's Gold
Mathew McConaughey, Kate Hudson
Dan in Real Life
Steve Carell, Juliette Binoche
Sleuth
Michael Caine, Jude Law
No Country for Old Men
Tommy Lee Jones, Javier Bardem
I'm Not There
Cate Blanchett, Christian Bale
Youth Without Youth
Tim Roth, Alexandra Maria Lara
88 Minutes
Al Pacino, Amy Brenneman

LUSOMUNDO
FORUMAVEIRO
TEL: 707 246362
17 APR-23 APR

Vantage Point
Dennis Quaid, Forest Whitaker
Love in the Time of Cholera
Javier Bardem, Giovanna Mezzogiorno
Pars Vite et Reviens Tard
José Garcia, Lucas Belvaux
No Country for Old Men
Tommy Lee Jones, Javier Bardem
Winx Club: The Secret of the Lost Kingdom
Animation PV
Mad Money
Diane Keaton, Queen Latifah
Rec
Javier Bolet, Manuel Bronchud
The Bucket List
Jack Nicholson, Morgan Freeman

LUSOMUNDO
GLICÍNIAS
TEL: 707 246362
17 APR-23 APR

Horton Hears a Who
Animation PV
Death Sentence
Kevin Bacon, Garrett Hedlund
The Ugly Duckling and Me
Animation PV
The Mist
Thomas Jane, Nathan Gamble
10,000 BC
Steven Strait, Camilla Belle
Hannah Montana / Miley Cyrus: Concert Tour
Miley Ray Cyrus, Kenny Ortega
U2 3D
Documentary
St. Trinian's
Rupert Everett, Colin Firth
Dan in Real Life
Steve Carell, Juliette Binoche
Fool's Gold
Mathew McConaughey, Kate Hudson



OV = English Version
PV = Portuguese Version

LUSOMUNDO
DOLCEVITA COIMBRA
TEL: 707 246362
17 APR-23 APR

The Bucket List
Jack Nicholson, Morgan Freeman
We Own the Night
Joaquin Phoenix, Mark Wahlberg
Rec
Javier Bolet, Manuel Bronchud
The Bank Job
Jason Stratham, Saffron Burrows
Vantage Point
Dennis Quaid, Forest Whitaker
Sleuth
Michael Caine, Jude Law
Interview
Sienna Miller, Steve Buscemi
Pars Vite et Reviens Tard
José Garcia, Lucas Belvaux
Winx Club: The Secret of the Lost Kingdom
Animation PV
Love in the Time of Cholera
Javier Bardem, Giovanna Mezzogiorno
P.S. I Love You
Hilary Swank, Gerard Butler
Michael Clayton
George Clooney, Tom Wilkinson

LUSOMUNDO
FORUM COIMBRA
TEL: 707 246362
17 APR-23 APR

The Mist
Thomas Jane, Nathan Gamble
Death Sentence
Kevin Bacon, Garrett Hedlund
Horton Hears a Who
Animation PV
Definitely, Maybe
Ryan Reynolds, Isla Fischer
Hannah Montana / Miley Cyrus: Concert Tour
Miley Ray Cyrus, Kenny Ortega
U2 3D
Documentary
Dan in Real Life
Steve Carell, Juliette Binoche
Fool's Gold
Mathew McConaughey, Kate Hudson

LUSOMUNDO
FOZPLAZA
TEL: 707 246362
17 APR-23 APR

The Mist
Thomas Jane, Nathan Gamble
Horton Hears a Who
Animation PV
Awake
Hayden Christensen, Jessica Alba
Hannah Montana / Miley Cyrus: Concert Tour
Miley Ray Cyrus, Kenny Ortega
U2 3D
Documentary
No Country for Old Men
Tommy Lee Jones, Javier Bardem
Mad Money
Diane Keaton, Queen Latifah

LUSOMUNDO
FERRARA PLAZA
TEL: 707 246362
17 APR-23 APR

Awake
Hayden Christensen, Jessica Alba
Hannah Montana / Miley Cyrus: Concert Tour
Miley Ray Cyrus, Kenny Ortega
U2 3D
Documentary
Horton Hears a Who
Animation PV
Mad Money
Diane Keaton, Queen Latifah
The Ugly Duckling and Me
Animation PV
The Other Boleyn Girl
Eric Bana, Natalie Portman
No Country for Old Men
Tommy Lee Jones, Javier Bardem

LUSOMUNDO
DOLCEVITA DOURO
TEL: 707 246362
17 APR-23 APR

Fool's Gold
Mathew McConaughey, Kate Hudson
The Ugly Duckling and Me
Animation PV
Love in the Time of Cholera
Javier Bardem, Giovanna Mezzogiorno
Rec
Javier Bolet, Manuel Bronchud
No Country for Old Men
Tommy Lee Jones, Javier Bardem

Hannah Montana / Miley Cyrus: Concert Tour
Miley Ray Cyrus, Kenny Ortega
U2 3D
Documentary
St. Trinian's
Rupert Everett, Colin Firth
Horton Hears a Who
Animation PV
Death Sentence
Kevin Bacon, Garrett Hedlund

LUSOMUNDO
FORUM VISEU
TEL: 707 246362
17 APR-23 APR

The Bucket List
Jack Nicholson, Morgan Freeman
No Country for Old Men
Tommy Lee Jones, Javier Bardem
Fool's Gold
Mathew McConaughey, Kate Hudson
Rec
Javier Bolet, Manuel Bronchud
Horton Hears a Who
Animation PV
Vantage Point
Dennis Quaid, Forest Whitaker
Donkey Xote
Animation PV
Juno
Ellen Page, Michael Cera

LUSOMUNDO
FORUM VIZELA
TEL: 707 246362
17 APR-23 APR

Vantage Point
Dennis Quaid, Forest Whitaker
Winx Club: The Secret of the Lost Kingdom
Animation PV
The Mist
Thomas Jane, Nathan Gamble
Mad Money
Diane Keaton, Queen Latifah

LUSOMUNDO
BRAGAPARQUE
TEL: 707 246362
17 APR-23 APR

Horton Hears a Who
Animation PV
Death Sentence
Kevin Bacon, Garrett Hedlund
The Bucket List
Jack Nicholson, Morgan Freeman
Fool's Gold
Mathew McConaughey, Kate Hudson
The Eye
Jessica Alba, Alessandro Nivola
Hannah Montana / Miley Cyrus: Concert Tour
Miley Ray Cyrus, Kenny Ortega
U2 3D
Documentary
88 Minutes
Al Pacino, Amy Brenneman
Vantage Point
Dennis Quaid, Forest Whitaker
Donkey Xote
Animation PV
Mad Money
Diane Keaton, Queen Latifah
Rec
Javier Bolet, Manuel Bronchud

LUSOMUNDO
DOLCEVITA PORTO
TEL: 707 246362
17 APR-23 APR

Fool's Gold
Mathew McConaughey, Kate Hudson
Winx Club: The Secret of the Lost Kingdom
Animation PV
10,000 BC
Steven Strait, Camilla Belle
Hannah Montana / Miley Cyrus: Concert Tour
Miley Ray Cyrus, Kenny Ortega
U2 3D
Documentary
The Bucket List
Jack Nicholson, Morgan Freeman
Vantage Point
Dennis Quaid, Forest Whitaker
Horton Hears a Who
Animation PV
No Country for Old Men
Tommy Lee Jones, Javier Bardem
Pars Vite et Reviens Tard
José Garcia, Lucas Belvaux

LUSOMUNDO
MAIA SHOPPING
TEL: 707 246362
17 APR-23 APR

Donkey Xote
Animation PV
The Other Boleyn Girl
Eric Bana, Natalie Portman

Horton Hears a Who
Animation PV
Mad Money
Diane Keaton, Queen Latifah
Rec
Javier Bolet, Manuel Bronchud
St. Trinian's
Rupert Everett, Colin Firth
Winx Club: The Secret of the Lost Kingdom
Animation PV
No Country for Old Men
Tommy Lee Jones, Javier Bardem

LUSOMUNDO
NORTES SHOPPING
TEL: 707 246362
17 APR-23 APR

We Own the Night
Joaquin Phoenix, Mark Wahlberg
The Bucket List
Jack Nicholson, Morgan Freeman
Dan in Real Life
Steve Carell, Juliette Binoche
Horton Hears a Who
Animation PV
Rec
Javier Bolet, Manuel Bronchud
Donkey Xote
Animation PV
Vantage Point
Dennis Quaid, Forest Whitaker
The Eye
Jessica Alba, Alessandro Nivola
Fool's Gold
Mathew McConaughey, Kate Hudson
Hannah Montana / Miley Cyrus: Concert Tour
Miley Ray Cyrus, Kenny Ortega
U2 3D
Documentary

LUSOMUNDO
GAIA SHOPPING
TEL: 707 246362
17 APR-23 APR

The Ugly Duckling and Me
Animation PV
Mad Money
Diane Keaton, Queen Latifah
Winx Club: The Secret of the Lost Kingdom - Animation PV
Interview
Sienna Miller, Steve Buscemi
Fool's Gold
Mathew McConaughey, Kate Hudson
Dan in Real Life
Steve Carell, Juliette Binoche
Donkey Xote
Animation PV
The Spiderwick Chronicles
Freddie Highmore, Mary-Louise Parker
10,000 BC
Steven Strait, Camilla Belle
Jumper
Hayden Christensen, Samuel L. Jackson
Horton Hears a Who
Animation PV
Death Sentence
Kevin Bacon, Garrett Hedlund
Vantage Point
Dennis Quaid, Forest Whitaker

LUSOMUNDO
PARQUENASCENTE
TEL: 707 246362
17 APR-23 APR

Donkey Xote
Animation PV
Juno
Ellen Page, Michael Cera
The Eye
Jessica Alba, Alessandro Nivola
Fool's Gold
Mathew McConaughey, Kate Hudson
Rec
Javier Bolet, Manuel Bronchud
Hannah Montana / Miley Cyrus: Concert Tour
Miley Ray Cyrus, Kenny Ortega
U2 3D
Documentary
Horton Hears a Who
Animation OV & PV
The Other Boleyn Girl
Eric Bana, Natalie Portman
The Bank Job
Jason Stratham, Saffron Burrows
Definitely, Maybe
Ryan Reynolds, Isla Fischer
The Lovebirds
Michael Imperioli, Joaquim de Almeida
Diary of the Dead
Shawn Roberts, Megan Park
Pars Vite et Reviens Tard
José Garcia, Lucas Belvaux
Vantage Point
Dennis Quaid, Forest Whitaker
Winx Club: The Secret of the Lost Kingdom
Animation PV
10,000 BC
Steven Strait, Camilla Belle

North



PORTO

DAILY

Casa da Música: guided visits from Mon-Sun: 10h30; 11h30; 12h30; 15h00; 16h00; 17h00; 18h00 • Tickets can be bought until 10 minutes before the visit • Price: €2; Free for children under 12 • 220120214 • Av. da Boavista, 604-610 • www.casadamusica.com



DAILY

Serralves Foundation: Visits to the exhibitions • Sat: 17h-20h; Sun: 12h-13h • to the architectonic spaces (Museum & Casa de Serralves) Sun: 15h-16h • to the park Sun: 11h-12h • Visits are free on the purchase of an entrance ticket to the museum • Rua D. João de Castro, 210 • Tel: 226 156 584 • serralves@serralves.pt • www.serralves.pt



UNTIL 20 APRIL



Exhibition 'Chain of Revelation' by Júlio Pomar at Museu de Serralves • Júlio Pomar is one of the most acclaimed Portuguese artists, with extremely diversified works developed along more than 50 years. A combination of raw materials and colour • Serralves Museum • Tel: 226156500 / 543 / 584 • www.serralves.pt



Centre

CASCAIS

DAILY

Cascais Cultural Centre • 10h00 to 18h00 (Closed Mon) • Av. Rei Humberto II de Itália • 214848900



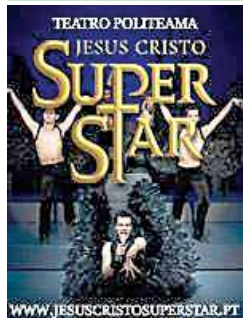
ESTORIL

UNTIL 31 OCTOBER

Casino Estoril • Praça José Teodoro dos Santos • Tel: 214 667 700 • Fax: 214 667 965 • Email: info.cesloril@estoril-sol.com • www.casino-estoril.pt

LISBOA

ON SHOW

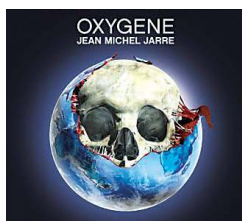


The Politeama Theatre presents 'Jesus Christ Superstar', the famous opera from Andrew Lloyd Webber and Tim Rice, on stage for 10 months have been seen by thousands of spectators who are unanimous in considering the show an unique and unmissable performance of this rock opera • Teatro Politeama is situated on Rua Portas de Stº Antão, nº 109 • Tickets from €15 to €35 • Tickets: Fnac shops, Abep and Alvalade Agencies • 213245500 • www.ticketline.pt • reservas@jesuscristosuperstar.pt • www.the-news.net

21 APRIL

Steve Smith and Vital Information present in concert «Vitalization» • São Jorge Cinema • 21h30 • Tickets from €22 to €27 • Tickets: Ticketline, Fnac, Agência Abep and Alvalade, São Jorge Cinema

25 APRIL



For the 1st time in Portugal the French world acclaimed electronic musician & composer Jean Michel Jarre presents his Mega Show of light & music 'Oxigene' • Coliseu dos Recreios • 21h30 • Tickets from €25 to €240 • Tickets: Ticketline, Fnac, Agencies Abep and Alvalade & Coliseu dos Recreios

25,26 APRIL

Concert by Gulbenkian's Orchestra and Choir • 25th: 19h00; 26th: 21h00 • Hector Berlioz - La Damnation de Faust • Grand Auditorium of Calouste Gulbenkian Foundation • Av. de Berna, 45A • 217823000 • Info: www.ticketline.pt and www.gulbenkian.pt

28 APRIL

Included in the Series of Piano Concerts, Nicholas Angelich will perform at the Grand Auditorium of Calouste Gulbenkian Foundation • Av. de Berna, 45A • 217823000 • www.gulbenkian.pt



23 APRIL



Concert by the Grammy Award winner Edson Cordeiro at at Theatre 2 of Casa da Música at 22h00 • Tel: 220120214 • www.casadamusica.com

GUIMARÃES

19 APRIL

Anja Garbarek in Concert • 22h00 • Grand Auditorium of Centro Cultural Vila Flor • Prices from €10 to €15 • Av. • D. Afonso Henriques, 701 • Tel: 253424700 • Fax: 253424710 • www.aoficina.pt



UNTIL 22 JUNE



Exhibition 'Leonardo da Vinci - O Génio' (Leonardo da Vinci - The Genius) at Picadeiro do Colégio dos Nobres, de Museu da Politécnica (Polytechnic Museums). On show are dozens of models in real size, built from da Vinci's drawings, along with other pieces inspired on the life and work of the Italian painter, sculptor, scientist, architect, engineer and inventor, considered one of the greatest genius of humanity. In parallel with the show, there are pedagogical activities for the young ones. A cycle of conferences will take place in simultaneous, in the amphitheatre 2 of the Calouste Gulbenkian Foundation. The exhibition 'Leonardo da Vinci - the Genius' is sponsored by Millennium BCP and promoted by Grafinvest • Mon-Fri: 10h-18h; weekends & holidays: 10h-20h • Rua da Escola Politécnica, 60 • 210997841 / 210997843 / 210997847 • www.leonardodavinciogenio.com

DAILY



National Coach Museum • Set in a 17th century riding school, with a varied collection of royal coaches, uniforms and portraits of the royal family • 10h00-17h30 (Closed Mondays & holidays) • Afonso de Albuquerque Square • 213610850

ALCANTARILHA

DAILY



Art Gallery at Capela das Artes • Quinta da Cruz on E.N. 125 • Open Tuesdays to Sundays from 16h00 to 21h00 • 282320200 • Fax: 282320209 • admin@capeladasartes.com • www.capeladasartes.com

FARO

2 MAY



Included in the FIMA 2008 (30th Algarve Musica Festival) the Prague Chamber Orchestra conducted by Osvaldo Ferreira will perform at Teatro das Figuras at 21h30 • The repertoire stems mainly from the classicist heritage, mainly inspired in the High Baroque • 289888100 • www.teatrodasfiguras.pt

PORTIMÃO

21 APR-23 MAY



Painting Exhibition by Vitaliy Manich • EMARP - Empresa Municipal de Águas e Resíduos de Portimão, EM • Emarp is situated on Rua José António Marques, 17 • 282400260 • www.emarp.pt

24,25 APRIL



PORTIMÃO AIR FESTIVAL • Portimão Air Festival from 15h00 to 18h00 on the river front area on 25 April • Portimão skies will be invaded by the stunts and acrobatics performed by the greatest ace pilots. From small aircrafts and helicopters to jet planes, sky diving and... on land, along the weekend, there will also be lots of entertainment like sky diving simulators, wind tunnels, model airplanes, and many more attractions. Do not miss! Portimão offers a long weekend 'in the air' • 282470700 • www.cm-portimao.pt

UNTIL 29 APRIL



Contemporary Dance Festival 'Dança na Primavera' (Spring Dance) • Programme: Tel: 282470700 or www.cm-portimao.pt

South



SANTANA DA SERRA

DAILY

Horse Riding and Walking at Equi-Serra • For more details or to book: 1 hour, 1, 2, 3 days, or 1 week rides, 938147718 • www.equiserra.com

SÃO B. MESSINES

TUE, WED, SAT

'Desperate Horsewives' social horseriding & lunch for mums and golf widows Tuesday am. • **Pony Club** Sat am & Weds pm • Quinta da Bica, Messines • Livery, hacks, lessons, horse-share and children's pony parties • Call 282332746 or 914795301 • quintadabica@hotmail.com

SERPA

DAILY



Museu Arqueológico (Archaeological Museum) • Alcáçova do Castelo • 9h30-13h00 / 15h30-19h00 • 284540100 • www.cm-serpa.pt

TAVIRA

DAILY



Cachopo Museum • Centro Paroquial de Cachopo • Tel: 289844191 • www.cm-tavira.pt

Concert '3 Pianos' by Pedro Burmester, Bernardo Sassetti and Mário Laginha

16th May at Pavilhão do Arade (Lagoa) at 21h30



Works from B. Bartók, S. Barber, J. S. Bach, A. Hovhanness, W. A. Mozart and M. Ravel.

Recital by Yang Liu (violin) and I-Hsuan Tsai (piano)

17th May at Teatro Municipal de S. Brás de Alportel at 21h30 18/05 in Silves at 21h30



Works from S. Prokofiev, C. Franck and M. Ravel.

The Bon-Bon (Sesmaria) proudly presents 'Jazz on a Friday'

Every Friday from 20h00 to 11h00 Dine and listen to the stylish **JazzSilk (duo)** Easy-listening - cool, smooth, romantic Latin-Jazz Tel: 282 341 496 for reservations

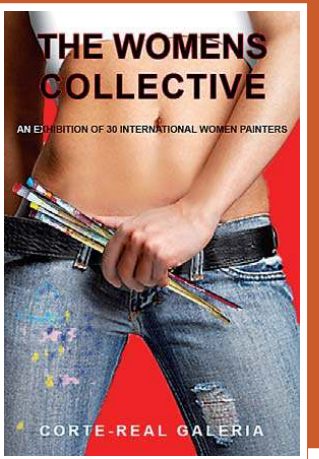


Women's Collective - An Exhibition of 30 International Painters - grand opening 19th April at 18h

CORTE REAL ART GALLERY

(Just off the EN125 in Boliqueime)

❖ Wed-Sun 10h-17h ❖ **Gallery Café Open** Tel: 912 737 762 Mobile: 918 980 199 www.corterealarte.com simonvrose@aol.com



'EAST ALGARVE WALKS' - Every Friday Morning - For more information, call Brian on: 913 595 868 moonlightservices@yahoo.co.uk



BBC1

6.00 Breakfast. (T) 10.00 Saturday Kitchen. (T) 11.30 Great British Menu. (R) (T) 12.00 BBC News; Weather. (T) 12.10 Football Focus. (T) 1.00 Snooker: The World Championship. Live coverage of the opening day's matches. (T) 4.30 Final Score.

5.20 BBC News; Regional News; Weather. (T) 5.40 The Kids Are All Right. John Barrowman hosts the entertainment show in which a group of children including chess champions, master spellers and maths geniuses challenge adults in a battle of wits. (T)

6.20 Doctor Who. The Time Lord takes Donna far into the future to visit her first alien world. The duo discover shocking truths about the human race while on the planet Ood-Sphere. (T)

7.05 I'd Do Anything. The remaining nine Nancys take to the stage hoping to win viewers' votes, while the fourth Oliver to have a guaranteed place in the semi-final is selected. Results tomorrow at 7.30pm. (T)

8.05 The National Lottery: 1 vs 100. New series. Ben Shepherd hosts the quiz in which one contestant takes on 100 opponents in a bid to win a big-money prize. Jenni Falconer introduces the National Lottery draws. (T) 8.55 Casualty. Zoe reveals she can't have children and Abs confronts his friend over his drinking habits. Adam continues his attempts to impress Jessica, unaware she is married. (T)

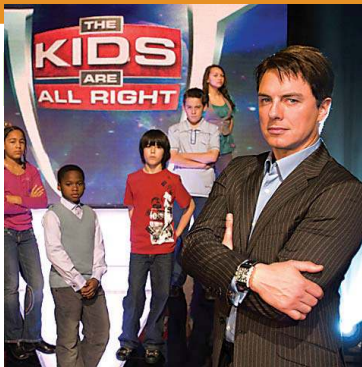
9.45 Love Soup. Just when things appear to be going well for Alice, who is settling down with out-of-work writer Douglas, a dinner party they attend turns into a nightmare. Bill Bailey guest stars. (T)

10.15 BBC News; Weather; (T) National Lottery Update. (T)

10.30 Match of the Day. Highlights of today's Premier League fixtures, including the clash between Arsenal and Reading at the Emirates Stadium and Blackburn Rovers against Manchester United at Ewood Park. The Royals have never beaten the Gunners and will be up against it once again here, as Arsene Wenger's men boast one of the finest home records in the country and are still in the hunt for the title. The Red Devils remain championship favourites, however, and can inch a step closer to their goal by completing the double over Rovers, who they beat 2-0 at Old Trafford earlier in the campaign. (T)

11.50 FILM: Air America (1990). Action adventure, starring Mel Gibson. (T)

1.35 Friday Night with Jonathan Ross; (R) (T) Weatherview. (T) 2.40 BBC News 24. (T)



BBC2

6.00 CBeebies: Fimbles. (R) (T) 6.20 Tikkabilla. (R) (T) 6.50 Step Inside. (R) (T) 7.00 CBBC: Batfink. (R) (T) 7.10 WITCH. (T) 7.35 Trollz. (R) (T) 8.00 The Sorcerer's Apprentice. (R) (T) 8.30 Thumb Wrestling Federation: TWF. (R) (T) Thumb Wrestling Federation: TWF. (R) (T) 8.35 Even Stevens. (R) (T) 9.00 Escape from Scorpion Island. (R) (T) 9.30 Escape from Scorpion Island; (R) (T) The Owl. (R) (T) 10.00 Hedz. (R) (T) 10.30 The Slammer. (R) (T) 11.00 What's New Scooby-Do? (R) (T) 11.20 Animalia. (R) (T) 11.45 Sportsound. (T) 12.00 BBC Switch: Falcon Beach. (T) 12.45 BBC Switch: The Surgery. (T) 1.05 BBC Switch: Sound. (T) 1.35 FILM: The Magnificent Showman (1964). Circus drama, starring John Wayne. (T) 3.50 Monk. (T) 4.30 Snooker: The World Championship. Further coverage from the Crucible Theatre. (T) 5.15 Live Rugby League. Harlequins v Castleford Tigers (Kick-off 5.30pm). (T) 7.30 Snooker: The World Championship. Live coverage of the opening first-round match at the Crucible Theatre in Sheffield, as the clash between John Higgins and Matthew Stevens reaches a conclusion. (T) 8.35 Dad's Army. The platoon have a steam engine problem. (R) (T) 9.05 Have I Got a Bit More News for You. Extended version of Friday's edition, with host Jack Dee. (T) 9.45 Comedy Map of Britain. New series. Places that have influenced comics. (T) 10.45 The Apprentice. (R) (T) 11.45 FILM: Welcome to Collinwood (2002). Crime comedy, starring Sam Rockwell. (T) 1.05 Snooker: The World Championship. (T) 1.55 Snooker Extra. (T) 3.35 Mad Men. (R) (T) 4.25 Monk. (R) (T) 5.05 Close.

Pick of the Day

The Kids Are All Right (BBC1, 5.40pm) John Barrowman must be one of happiest men in showbiz at the moment. Ever since he burst onto the small screen in Doctor Who a few years ago, his career has gone into the stratosphere. Not only has he won the hearts of millions as the dashing (and saucy) Captain Jack in the BBC Two series Torchwood, but he's also hogging the Saturday night schedules. Later in the evening he can be seen with Denise Van Outen, Graham Norton and Andrew Lloyd Webber in the talent hunt I'd Do Anything, and he is also the host of this series, which started last week. Be warned: fans of Sky One's Are You Smarter Than A 10-Year-Old may recognise the concept. The actor, singer and dancer presides over a battle royal between a group of super-smart youngsters (who count chess champions, master spellers, maths geniuses and musical prodigies among their number) and four plucky adults. The sides will not only be playing for pride - there's also a cash prize at stake. The tension is high as there's everything to play for. Who will succeed, the older and wiser heads, or the brainy youngsters?

C4

6.05 Making It. (R) 6.10 The Hoobs. (R) (T) 6.35 The Hoobs. (R) (T) 7.00 Goalissimo. (R) (T) 8.00 The Morning Line. (T) 8.50 T4: Beauty & the Geek. (R) (T) 9.50 T4: The Green Room. (R) (T) 10.20 T4: Shipwrecked 2008: Battle of the Islands. (R) (T) 11.55 T4: Shipwrecked 2008 Special. (R) (T) 12.30 T4: Shipwrecked 2008: The Hutcam Diaries. (T) 1.00 T4: Pussycat Dolls Present: Girlicious. (T) 2.00 Channel 4 Racing from Newbury and Ayr. Including the 3.40 Coral Scottish Grand National H'cap Chase (4 1/2h). (T) 4.15 Deal or No Deal. (T) 5.00 Jamie at Home. (R) (T) 5.35 Location, Location, Location. (R) (T) 6.35 Channel 4 News. (T) 7.00 Grand Designs. Kevin McCloud charts the progress of two artists who have moved to Puglia, Italy, as they set out to turn a derelict olive farm into a luxurious summer school for fellow painters. (R) (T) 8.05 ER. Pratt finds himself in competition with a new doctor. Gates attempts to treat a woman with a serious heart condition, and Abby prepares to meet up with Luka in Croatia. (T) 9.05 FILM: The Shawshank Redemption (1994). A man wrongly jailed for murdering his adulterous wife forms an extraordinary friendship with a fellow inmate. Uplifting drama, starring Tim Robbins and Morgan Freeman. (T) 11.45 The Friday Night Project. (R) (T) 12.50 FILM: Boiler Room (2000). Drama, starring Giovanni Ribisi. (T) 3.00 Supporting Acts. (R) (T) 3.20 Salvage Squad. (R) (T) 4.20 St Elsewhere. (R) 5.10 In Your Dreams. (R) (T) 5.25 Countdown. (R) (T)

FIVE

6.00 Sunrise. 7.00 Milkshake!: Hi-5. (R) (T) 7.40 The Beeps. (R) (T) 7.55 The Adventures of Bottle Top Bill and His Best Friend Corky. (R) (T) 8.10 Harry and His Bucket Full of Dinosaurs. (R) (T) 8.25 Little Princess. (R) (T) 8.40 Hana's Helpline. (R) (T) 9.00 The Funky Valley Show. (R) (T) 9.15 Gerald McBoing Boing. (T) 9.45 Mist: Sheepdog Tales. (T) 10.00 Football Italiano Highlights. (T) 10.30 Extraordinary Animals. (R) (T) 11.00 Neighbours. (T) 1.10 FILM: See Spot Run (2001). Canine comedy, starring David Arquette. (T) 3.00 FILM: The Wrong Box (1966). Black comedy, starring Ralph Richardson. (T) 5.00 FILM: Guns of the Magnificent Seven (1969). Sharp-shooting sequel, with George Kennedy. (T) 7.00 FILM: The Cable Guy (1996). Jim Carrey plays an unstable cable TV installer whose friendship with a vulnerable customer takes an ominous turn. Under-rated black comedy, with Matthew Broderick and George Segal. (T) 8.35 five news and sport. (T) 8.50 NCIS. Part two of two. Gibbs continues to blame himself for Kate's death, and enlists Jenny's help to track down Ari - but the pair are nearly killed in a shoot-out. (R) (T) 9.45 CSI: NY. Acting on a tip-off, Mac and the team discover old enemy Suspect X, a trained assassin, has resurfaced and set a trap to lure her into the open. With Gary Sinise. (T) 10.45 Law & Order. (T) 11.45 True CSI. (T) 12.45 Quiz Call. 5.10 Wildlife SOS. (R) (T) 5.35 Wildlife SOS. (R) (T)

LOCAL

RTP1

0630 Childrens TV 0710 Brinca Comigo 0800 Bom Dia Portugal Film-de-Semana 1100 Miss Cast Away, film 1130 Segredos da Natureza 1230 Contra 1300 News 1415 Top + 1530 Missão de Joan 1615 Miss Congeniality 2: Armed & Fabulous, film 1915 O Preço Certo 2000 News 2115 Operação Triunfo 0115 Black Cat Run, film 0415 Telesele

RTP2

0700 Euronews 0730 África 7 Dias 0800 Couto & Coutadas 0830 Entre Pratos 0900 Universidade Aberta 1000 The Moscow Bolshoi Circus 1230 Chocolate, film 1300 Kabom 1330 Bombordo 1400 Afeganistão - O Tráfico de Heroína 1500 Sport 2 1900 Entre Pratos 1930 Kaboom 2100 Diga Lá Excelência 2145 A Hora da Sorte 2200 News 2315 Um Longo Domingo de Noivado, film 0245 Sport 0615 Euronews

SIC

0700 Sic Kids 0845 Disney Kids 1030 Chiquititas 1200 Nosso Mundo 1300 News 1715 Film TBA 2000 News 2130 Camacho Costa: 5 Anos de Saude 2300 Desejo Proibido 0000 Resistirei 0330 Quando o Telefone Toca 0415 Dying Young, film

TVI

0700 Childen TV 0900 Smackdown Wrestling 1030 O Bando dos 4 1200 DeLuxe 1400 Magic Words, film 1600 Envy, film 1800 Layer Cake, film 2000 News 2245 Deixa-me Amar 0000 Elektra, film 0200 Toca a Ganhar 0330 Subtle Death , film 0500 The Office 0530 Telesales

Best of the Rest

BBC3

7.00 Gaffes Galore Outtakes 7.05 Doctor Who Confidential 7.50 Top Gear 8.55 Film: Cast Away 12 (2000) 11.10 Gavin & Stacey 11.40 Family Guy 12.00 Family Guy 12.20 Young Mums' Mansion: Changed My Life 1.20 Gavin & Stacey 1.50 The Wall 2.35 Doctor Who Confidential 3.20 Young Mums' Mansion: Changed My Life 4.20 Gaffes Galore Outtakes 4.25 Close

BBC4

7.00 Terry Jones' Medieval Lives 7.30 In Search of Medieval Britain 8.05 The Book Quiz 8.35 Film: Mrs Brown PG (1997) 10.15 The Best of Youth 11.10 Kenneth Williams: Fantabulosa! 1.10 The Saint and the Hanged Man 2.10 In Search of Medieval Britain 2.40 The Book Quiz 3.10 Kenneth Williams: Fantabulosa!

ITV2

1.50 Holiday Showdown 2.50 Britain's Got Talent 4.05 Britain's Got More Talent 5.05 Pushing Daisies 6.05 Gossip Girl 7.05 Film: The Grinch PG (2000) 9.05 Thank God You're Here 10.05 Britain's Got More Talent 11.05 Katie & Peter: The Next Chapter 12.05 Britain's Got Talent 1.05 Britain's Got More Talent 2.05 Entourage 2.30 The Office: An American Workplace 2.55 Nanny 911 3.35 Emmerdale

Sky One

1.00 Are You Smarter Than a 10 Year Old? 2.00 Are You Smarter Than a 10 Year Old? 3.00 Are You Smarter Than a 10 Year Old? 4.00 Malcolm in the Middle 4.30 Malcolm in the Middle 5.00

Malcolm in the Middle 5.30 Futurama 6.00 Futurama 6.30 Futurama 7.00 Futurama 7.30

The Simpsons 8.00 The Simpsons 8.30 The Simpsons 9.00 Road Wars 10.00 Road Wars 11.00 Law & Order 12.00 Night Cops 1.00 Film: Maneater 15 (2007) 2.30 Road Wars 3.25 Road Wars 4.20 Brainiac: Science Abuse 5.10 Guilty! UKTV Gold

1.00 The Vicar of Dibley 1.40 The Vicar of Dibley 2.20 The Vicar of Dibley 3.00 The Vicar of Dibley 3.40 The Vicar of Dibley 4.20 The Vicar of Dibley 5.00 The Vicar of Dibley 5.40 The Vicar of Dibley 6.35 The Vicar of Dibley 7.15 The Vicar of Dibley 8.10 The Vicar of Dibley 9.00 Moments 11.00 The Royle Family 11.40 The Vicar of Dibley 12.20 Men Behaving Badly 1.00 Men Behaving Badly 1.40 Two Pints of Lager and a Packet of Crisps 2.10 Taggart 3.55 Close Up 4.05 Dallas 5.00 Some Mothers Do 'Ave 'Em 5.30 As Time Goes By

TCM

1.00 Madame Bovary PG (1949) 3.00 In This Our Life PG (1942) 4.55 The Champ PG (1979) 7.15 Jailhouse Rock PG (1957) 9.00 Get Carter 18 (1971) 11.00 The Screening Room 11.30 A Clockwork Orange 18 (1971) 1.50 Cannery Row 12 (1982) 3.50 The Golden Arrow PG (1936) 5.00 Dinner at Eight U (1933)

The Disney Channel

Kids' programmes from Zam, except: 4.00 Film: You Wish U (2003) Family drama, starring AJ Trauth.

MOVIES

Sky Movies Drama

6.15 Desperate Rescue 12 (1992) 8.00 Ice Bound PG (2003) 9.45 Flashbacks of a Fool Special 10.05 Between Love and Honor PG (1995) 11.40 Drama Close Up 12.10 Marilyn and Me PG (1991) With Susan Griffiths. 1.45 Cruel Intentions 15 (1999) With Sarah Michelle Gellar. 3.35 Drama Close Up 4.05 Columbus: Murder in Malibu PG (1990) With Peter Falk. 4.55 Pleasantville 12 (1998) With Tobey Maguire. 8.00 Bobby 15 (2006) With Laurence Fishburne. 10.00 Cruel Intentions 15 (1999) With Sarah Michelle Gellar. 11.45 School Daze 18 (1988) With Laurence Fishburne. 1.55 This Year's Love 18 (1999) With Kathy Burke. 4.00 Drama Close Up 4.30 Ice Bound PG (2003)

Sky Movies Comedy

6.05 Christmas in Boston PG (2005) 7.40 Harold & Kumar Get the Munchies 15 (2005) 9.10 Teenage Mutant Ninja Turtles III PG (1992) 10.50 Let's Go to Prison (2006) 12.25 Big Momma's House 2 PG (2006) With Martin Lawrence. 2.10 Hot Fuzz 15 (2007) With Simon Pegg. 4.15 Flashbacks of a Fool Special 4.30 Bring It On: All or Nothing 12 (2006) With Hayden Panettiere. 6.15 Big Momma's House 2 PG (2006) With Martin Lawrence. 8.00 Hot Fuzz 15 (2007) With Simon Pegg. 10.00 Let's Go to Prison (2006) With Dax Shepard. 11.35 Harold & Kumar Get the Munchies 15 (2005) With John Cho. 1.05 Bring It On: All or Nothing 12 (2006) With Hayden Panettiere. 2.50

I'm Gonna Git You Sucka 15 (1988) With Keenen Ivory Wayans. 4.25 Teenage Mutant Ninja Turtles III PG (1992)

Sky Movies Action/Thriller

6.20 Ransom PG (1975) 8.05 The Escapist 15 (2001) 9.50 Batman 15 (1989) 12.00 Adrift 15 (2006) With Eric Dane. 1.50 The Siege 15 (1998) With Denzel Washington. 3.50 The Librarian: Quest for the Spear 12 (2004) With Noah Wyle. 5.35 The Escapist 15 (2001) With Jonny Lee Miller. 7.20 Adrift 15 (2006) With Eric Dane. 9.00 The Siege 15 (1998) With Denzel Washington. 11.00 Smokin' Aces 18 (2006) With Jeremy Piven. 12.55 Mean Guns 18 (1997) With Christopher Lambert. 2.35 To Live and Die in LA 18 (1985) With William Dafoe. 4.35 The Librarian: Quest for the Spear 12 (2004)

(R)-repeat programme;

(T)-programme with tele-

text subtitles;

(S)-programme broad-

cast in stereo;

(bw)-black and white.

ITV1

5.30 ITV Morning News. (T) 6.00 GMTV. 9.25 CITV: Supernormal. (T) 9.40 Supernormal. (T) 9.55 My Parents Are Aliens. (R) (T) 10.25 Coronation Street. (T) 12.40 Crocodile Hunter Diaries. (R) 1.10 ITV News and Weather. (T) 1.20 London Today; Weather. (T) 1.25 FILM: Charade (1963). Romantic thriller, starring Audrey Hepburn. (T) 3.30 FILM: Back to the Future (1985). Blockbusting comedy adventure, starring Michael J Fox. Continues after the news. (T) 4.40 London Today; Weather. (T) 4.40 ITV News and Weather. (T) 4.50 FILM: Back to the Future (1985). Concluded. (T)

6.05 Animals Do the Funniest Things. Stephen Mulhern takes the Inca trail to meet the wildlife of Peru, while introducing more incredible stories and funny home videos from around the world, including an elephant orchestra, a moonwalking bird and pigs that can fly. (T)

7.05 All Star Mr & Mrs. Updated version of the Seventies game show, in which celebrity couples reveal just how much they know about each other. Actor William Roache and his wife Sara, boxer Joe Calzaghe and his girlfriend Jo-Emma Lavin, and MP Lembit Opik and Cheeky Girl Gabriela Irimia are quizzed about their relationships by Fern Britton and Phillip Schofield, while a trip around the contestants' homes gives further insight. (T)

8.05 Britain's Got Talent. Ant and Dec present the second audition show, with another line-up of acts eager to win the prize of #100,000 and a slot at this year's Royal Variety Performance. Expect more cute kids, crazy OAPs, tears from Amanda, putdowns from Piers and sarcasm from Simon - and maybe a few diamonds in the rough who'll actually be put through to the semi-finals in a few weeks' time. (T)

9.05 Pushing Daisies. Chuck is upset when she realises Lawrence Schatz died because Ned let her live. Emerson is hired to investigate the funeral director's death by the dead man's twin brother, uncovering a trail of distraught customers and ending up with the sibling being found dead in the Pie Hole freezer. Olive stumbles on the big secret when she delivers a pie to Chuck's ants. Quirky drama, with Anna Friel and Lee Pace. (T)

10.05 FILM: American Pie 2 (2001). The boys return to their home town after a year apart - but their attempts to gain more sexual experience only lead to disaster. Side-splitting sequel, starring Jason Biggs. Continues after the news. (T)

11.05 ITV News and Weather; Weather. (T) 11.20 FILM: American Pie 2 (2001). Concluded. (T) 12.15 FILM: Coming to America (1988). Romantic comedy, starring Eddie Murphy; (T) ITV News Headlines. 2.15 FILM: The Golden Seal (1983). Drama, starring Steve Railsback. (T) 3.40 ITV Nightscreen.

SPORT

Sky Sports 1

6.00 Aerobics Oz Style 6.30 Premier League Preview 7.00 Big League Weekend 8.00 Champions League Weekly 8.30 Premier League Preview 9.00 Soccer AM 12.00 Soccer Saturday 12.30 Live Football Special. Arsenal v Reading (Kick-off 12.45pm). 3.00 Soccer Saturday 5.15 Live Saturday Night Football. Stoke City v Bristol City. (Kick-off 5.20pm). 7.30 You're on Sky Sports! 8.25 Football First 10.15 Football First 11.45 Live Football First 1.15 Football First 2.45 Football First 4.15 You're on Sky Sports! 5.10 Champions League Weekly 5.40 U Can Do It 5.45 Sky Sports Classics

Sky Sports 2

6.00 Sports Unlimited 7.00 Irish Football 8.30 Live Rugby Union. The Waratahs v The Lions (Kick-off 8.30am). 10.30 Live Rugby Union. The Brumbies v The Sharks (Kick-off 10.40am). 12.30 Friday Fight Night 2.30 Live Rugby Union. London Irish v Harlequins (Kick-off 2.45pm). 5.00 Live Indy Racing League. The Indy Japan 300. 7.00 High Five 7.30 Golf Night 10.00 Live Indy Racing League 12.00 NFL: Total Access 1.00 Beach Cricket 3.00 Golf Night 5.30 High Five

Sky Sports 3

6.00 Live European Tour Golf. The China Open. 10.00

WWE: Smackdown 12.00 World Sport 12.30 High Five 1.00 European Tour Golf 5.00 WWE: Smackdown 7.00 Beach Cricket 9.00 Rugby Union 11.00 Extreme Championship Wrestling 12.00 WWE: Late Night - Smackdown 2.00 Rugby Union 4.00 Rugby Union

British Eurosport

7.30 Eurogoals 7.45 Weightlifting 9.00 Snooker 10.00 Live Snooker. John Higgins v Matthew Stevens. 1.00 Weightlifting 1.45 Live Motorcycling. The 24 Hours Du Mans race gets under way. 2.30 Live Snooker. The World Championship. 5.00 French Rugby 6.00 Live Weightlifting. The European Championship. 7.00 Live Snooker. John Higgins v Matthew Stevens. 10.00 ATP Tennis 11.00 WTA Tennis 12.00 MotoGP 1.00 Close

Sky Sports Xtra

6.00 Race World 7.00 Tight Lines 8.00 Friday Fight Night 10.00 NFL: America's Game 11.00 Sports Adventure 11.30 Racing News 12.00 NFL: Total Access 1.00 Beach Cricket 3.00 Max Power 4.00 WWE: Bottom Line 5.00 Netball 7.00 WWE: Bottom Line 8.00 Champions League Weekly 8.30 Live Spanish Football. A La Liga match. 11.00 Netball 1.00 Spanish Football 2.30 High Five 3.00 Max Power 4.00 Spanish Football 5.30 Sports Adventure

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BBC1

6.00 Breakfast. (T) 7.35 Match of the Day. (T) 9.00 The Andrew Marr Show. (T) 10.00 Sunday Life. (T) 11.00 Countryfile. (T) 12.00 The Politics Show. (T) 1.00 'Allo 'Allo! (R) (T) 1.25 Diagnosis Murder. (R) (T) 2.10 EastEnders. (T) 4.05 Tiger - Spy in the Jungle. (R) (T)

5.05 Lifeline. Jonathan Ross volunteers with Contact the Elderly. (T)

5.15 Points of View. New series. With Jeremy Vine. (T)

5.30 Songs of Praise. Sally Magnusson visits Edinburgh's Royal Mile. (T)

6.05 BBC News. Regional News; Weather. (T)

6.30 Seaside Rescue. Attempts to combat the cult of dangerous sports. (T)

7.00 My Family. Ben's attempt to pay cash into his bank is thwarted when someone else tries to take some money out - with the aid of sawn-off shotguns. With a guest appearance from Pauline Quirke. (R) (T)

7.30 I'd Do Anything. Graham Norton presents as one of the finalists for the part of Nancy is asked to leave the competition. (T)

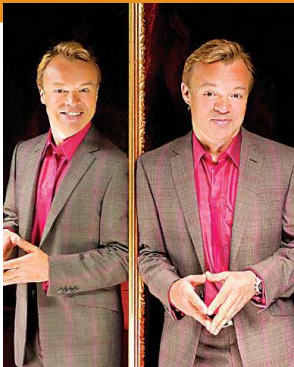
8.00 The British Academy Television Awards. Graham Norton hosts the star-studded annual ceremony at the London Palladium, where heavyweight series EastEnders, Emmerdale, The Bill and Holby City battle it out for the title of Best Continuing Drama. Eileen Atkins and Batta veteran Judi Dench compete for the Best Actress award for their performances as Cranford's Deborah and Matty Jenkyns, while presenters Stephen Fry and Simon Amstell are nominees for Best Entertainment Performance. (T)

10.00 BBC News; Weather. (T)

10.20 Match of the Day 2. Adrian Chiles reviews the day's Premier League fixtures, including Aston Villa's clash with Birmingham City at Villa Park and Manchester City against Portsmouth at the City of Manchester Stadium. Gabriel Agbonlahor broke Birmingham hearts when he scored a late winner in a 2-1 success for Villa at St Andrews back in November and, with European and relegation issues still ongoing, the city rivals meet again in another crucial fixture. City and Pompey are also pushing for a UEFA Cup place and know the result of their game could have a big impact on such matters, though a repeat of their 0-0 draw at Fratton Park will do little to benefit either team. Plus, all the action from Newcastle United v Sunderland at St James' Park, where pride is at stake in the north-east derby. (T)

11.20 FILM: High Heels and Low Lives (2001). Comedy, starring Minnie Driver and Mary McCormack; (T) Weaterview. (T)

12.45 Sign Zone: Around the World in 80 Gardens. (R) (T) 1.45 Sign Zone: Holby City. (R) (T) 2.45 Sign Zone: Age of Terror. (R) (T) 3.45 Sign Zone: Watchdog. (R) (T) 4.15 BBC News 24. (T)



BBC2

6.00 CBeebies: Fimbles. (R) (T) 6.20 Tikkabilla. (R) (T) 6.50 Step Inside. (R) (T) 7.00 CBBC: Legend of the Dragon. (R) (T) 7.20 Watch My Chops. (R) (T) 7.25 The Batman; (R) (T) Bernard. (R) (T) 8.00 Trapped. (R) (T) 8.30 Raven: The Secret Temple. (R) (T) 9.00 Hider in the House. (T) 10.00 Something for the Weekend. (T) 11.30 Animal Park. (R) (T) 12.30 Fred Dibnah's World of Steam, Steel and Stone. (R) (T) 1.00 Snooker: The World Championship. Stephen Hendry v Mark Allen. (T) 4.45 Rugby Union. (T) 5.15 Live Rugby League. Salford City Reds v Wakefield Trinity Wildcats. (Kick-off 5.30pm). 7.30 Snooker: The World Championship. Hazel Irvine presents further live coverage of the first round from the Crucible Theatre in Sheffield, featuring Stephen Lee v Joe Swail and Peter Ebdon v Jamie Cope. (T) 8.00 FILM: The Aviator (2004). Premiere. Martin Scorsese's Oscar-winning biopic, focusing on the early years of Hollywood producer and aviation pioneer Howard Hughes. Starring Leonardo DiCaprio and Cate Blanchett. (T) 10.40 The Graham Norton Show. (R) (T) 11.25 Last Man Standing. (T) 12.20 Snooker: The World Championship. (T) 1.10 Snooker Extra. (T) 3.00 FILM: Desperate (1947). Melodrama, starring Steve Brodie. (T) (bw) 4.10 Inside Sport. Steve Bunce and Des Kelly join Gabby Logan. (R) (T) 4.50 Close

(R) - repeat programme;

(T) - programme with teletext subtitles;

(S) - programme broadcast in stereo;

(bw) - black and white.

Pick of the Day

The British Academy Television Awards (BBC1, 8pm) Whenever the Baftas are mentioned, we tend automatically to think of the movie version, probably because it's usually an incredibly glamorous event. Although the telly ceremony isn't quite so swish, this year's shindig promises to feature at least a few top-class celebrities, including Judi Dench. Not that she's any stranger to such ceremonies. Dame Jude has won more gongs than you can shake a stick at, and it wouldn't come as a surprise to see her take home the Best Actress award for her performance as Miss Matty in Cranford. However, she'll have to overcome a major threat from her co-star, Eileen Atkins, although the fact she only appeared in half of the series ought, perhaps, to count against her. Arguably the biggest battle of the night, however, should be in the Continuing Drama category - otherwise known as soaps. Coronation Street - the UK's most-watched programme - has controversially been left off the shortlist, so it's the head honchos of EastEnders, Emmerdale, The Bill and Holby City who'll be going head-to-head on the night. Graham Norton hosts proceedings from the swanky surroundings of the London Palladium.

C4

6.10 The Hoobs. (R) (T) 6.35 The Hoobs. (R) (T) 7.00 Transworld Sport. (T) 7.55 Freesports on 4. (R) (T) 8.20 The Shooting Party. (T) 8.50 T4: Shipwrecked 2008: The Hutcam Diaries. (R) (T) 9.25 T4: Hollyoaks. (T) 11.55 T4: Shipwrecked 2008: Battle of the Islands. (T) 1.00 T4: Shipwrecked 2008 Special. (T) 1.35 T4: The Green Room. (T) 2.05 T4: Friends. (R) (T) 2.40 T4: Smallville. (T) 3.40 T4: The Simpsons. (R) (T) 4.10 T4: The Simpsons. (R) (T) 4.45 Lost on the Mountain. (R) (T) 5.45 Jamestown: America's Birthplace: A Time Team Special. (R) (T) 6.45 Channel 4 News. (T) 7.00 Bremner, Bird and Fortune. The trio present comic observations of current events. (T) 8.00 Bear Grylls: Born Survivor. The former Special Forces adventurer concludes his feat of endurance in the harsh conditions of the Sahara desert with a demonstration of a traditional survival technique. (T) 9.00 FILM: The Wedding Date (2005). Premiere. A single woman is horrified to realise she doesn't have a date for her sister's wedding. Taking the bull by the horns, she hires a gigolo. Romantic comedy, starring Debra Messing. (T) 10.40 FILM: She's All That (1999). Romantic comedy, with Freddie Prinze Jrn. (T) 12.30 Flashbacks of a Fool: Movie Special. (R) (T) 1.00 4Music: The Feeling - Live in London. (R) (T) 1.45 FILM: What Dreams May Come (1998). Drama, starring Robin Williams. (T) 3.35 Titanic's Ghosts. (R) (T) 4.35 St Elsewhere. (R) 5.25 Countdown. (R) (T)

FIVE

6.00 Milkshake!: Tickle, Patch and Friends. (R) (T) 6.05 Bird Bath. (R) (T) 6.10 Softies. (R) (T) 6.15 Sailor Sid. (R) (T) 6.20 Aussie Antics. (R) (T) 6.25 Angels of Jarm. (R) (T) 6.30 Elmo's World. (R) (T) 6.50 Hi-5. (R) (T) 7.30 The Beeps. (R) (T) 7.45 The Adventures of Bottle Top Bill and His Best Friend Corky. (R) (T) 8.00 Harry and His Bucket Full of Dinosaurs. (R) (T) 8.15 Little Princess. (R) (T) 8.30 Hana's Helpline. (R) (T) 8.45 The Funky Valley Show. (R) (T) 9.00 Gerald McBoing Boing. (T) 9.30 Mist: Sheepdog Tales. (R) (T) 4.45 Demolition Dad. (R) (T) 10.00 The Gadget Show. (R) (T) 11.00 My Music. (T) 12.00 FILM: Coroner Creek (1948). Western, starring Randolph Scott. (T) 1.45 Football Italiano. Live coverage of a match from Italy's Serie A. (T) 4.10 Extraordinary Animals. (R) (T) 4.40 Indiana Jones: The True Story. (R) (T) 5.40 five news and sport. (T) 6.00 FILM: The Goonies (1985). The discovery of a pirate treasure map plunges seven youngsters into the adventure of a lifetime. Boisterous action-packed fantasy, with Sean Astin, Corey Feldman and Josh Brolin. (T) 8.00 Extraordinary People: Half Man Half Tree. The story of Dede, an Indonesian fisherman with a rare skin condition that has left him with tree-like growths on his hands and feet. (R) (T) 9.00 FILM: Swordfish (2001). A penniless escapee is thrust into a world of espionage by charismatic underworld figure John Travolta. Glossy thriller, with Hugh Jackman and Halle Berry. (T) 10.55 FILM: Posse (1993). Violent Western, starring Mario Van Peebles. (T) 1.00 Live Major League Baseball. A game from North America. 4.20 Seniors Golf. 5.10 Wildlife SOS. (R) (T) 5.35 Wildlife SOS. (R) (T)

LOCAL

RTP1
0630 Brinca Comigo 0800 OS Animais mais Mortíferos do Mundo 0900 Eucarista Dominicana 1000 Eucarista Dominicana 1100 Equipados Para Matar 1200 AB Ciência 1230 Mr Bean 1300 News 1415 Ben Hur, film 1300 Traveller 1745 Operação Triunfo 2000 News 2100 As Escolas de Marcelo Rebelo de Sousa 2130 Conta-me Como Foi 2300 Depois do Adeus 0045 De Batre Mon Coeur S'Est Arrêté film 0400 Teleales 0605 Nôis

RTP2
0700 Euronews 0800 Músicas de África 0900 Caminhos 0930 70x7 1000 Nôis 1045 Dia Terra ao Mar 1115 Consigo 1200 Vida Por Vida 1230 National Geographic 1330 Entre Pratos 1400 Reclame 1445 A Voz do Cidadão 1600 Sport 2 1900 Couto e coutadas 1930 A Alma e a Gente 2000 Bombordo 2030 The Simpsons 2100 A História da Índia 2200 News 2240 Camara Clara 2350 Britcom 0050 Onda Curta 0150 A Alma e a Gente 0200 Sport 0600 Euronews

SIC
0700 Floribella 0930 Os Banditos 1000 Trazan Il: The Legend 1230 Olavio Dia 1300 News 1400 Fame 1500 Film TBA 2000 News 2130 Camilo em Sarilhos 2215 Duas Caras 2345 Aço Não Há Quem Viva 0045 The Interpreter, film 0145 Amazônia 0230 Quando o Telefone Toca 0415 O Jogo

TVI
0645 Children's TV 0900 Morangos Com Açúcar 1100 Missa Braga 1230 Olavio Dia 1300 News 1410 Top + 1500 Cidismo: Tour of Frande 1700 Alert, film 1900 Football: Leiria V Sporting 2000 News 2130 Morangos Com Açúcar 2230 Ilha dos Amores 2330 Doces Fugitivas 0130 Film TBA 0215 Toca a Ganhar 0330 Zeus and Roxanne 0500 Teleales

Best of the Rest

BBC3
7.00 Sound 7.30 The Real Hustle 8.00 Doctor Who 8.45 Doctor Who Confidential 9.00 Gavin & Stacey 9.30 Pulling 10.00 Amy: My Body for Bucks 11.00 Family Guy 11.20 Family Guy 11.45 Gavin & Stacey 12.15 Pulling 12.45 Amy: My Body for Bucks 1.45 The Real Hustle 2.15 Spendaholics 3.10 Dog Borstal 3.40 Dog Borstal 4.10 Doctor Who Confidential 4.25 Close

BBC4
7.00 Inside the Medieval Mind 8.00 Stephen Fry and the Gutenberg Press 9.00 Dear Television 9.10 Washes Whiter 10.00 Mad Men 10.50 Amazing Journey: The Story of the Who 12.50 The Who at the Electric Proms 1.40 Stephen Fry and the Gutenberg Press 2.40 Inside the Medieval Mind 3.40 Close

ITV2
1.35 Film: The Grinch PG (2000) 3.35 Coronation Street 6.00 American Idol 7.00 American Idol 8.00 Britain's Got Talent 9.00 Britain's Got More Talent 10.00 Bionic Woman 11.00 Katie & Peter: The Next Chapter 12.00 Film: Wimbledon 12 (2004) 1.55 Keith Lemon's Very Brilliant World Tour 2.15 Laura, Ben and Him 2.45 Box Wars 3.00 Teleshopping

Sky One
1.00 Crash Test Dummies 2.00 The Dog Whisperer 3.00 Project Runway 4.00 Malcolm in the Middle 4.30 Malcolm in the Middle 5.00 The Simpsons 5.30 The Simpsons 6.00 Are You Smarter

Than a 10 Year Old? 7.00 The Simpsons 7.30 The Simpsons 8.00 The Simpsons 8.30 The Simpsons 9.00 Film: Last Action Hero PG (1993) 11.30 Ross Kemp in Afghanistan 12.30 Road Wars 1.30 Night Cops 2.25 Road Wars 3.20 The Dresden Files 4.10 Road Wars 5.00 Bite Size Brainiac 5.10 Guilty!

UKTV Gold
1.30 The Vicar of Dibley 2.25 The Vicar of Dibley 3.15 The Vicar of Dibley 4.10 The Vicar of Dibley 5.00 Dancing with the Stars 6.30 Dancing with the Stars 7.30 The Vicar of Dibley Story 9.00 The Vicar of Dibley 10.10 The Vicar of Dibley 11.25 The Royle Family 12.05 Men Behaving Badly 12.45 Men Behaving Badly 1.25 Two Pints of Lager and a Packet of Crisps 2.05 The Vicar of Dibley Story 3.05 Alistair McGowan's Big Impression 3.25 Dallas 4.35 As Time Goes By 5.05 2point4 Children 5.35 Newsround

TCM
1.00 Gone with the Wind - The Making of the Musical 2.00 All About Better: The Life and Films of Bette Davis 3.00 All This, and Heaven Too PG (1940) 5.25 Damon and Pythias U (1962) 7.10 Cat on a Hot Tin Roof PG (1958) 9.00 The Great Waldo Pepper PG (1975) 11.00 Victor/Victoria 12 (1982) 1.50 The House of the Seven Hawks U (1959) 3.20 Lili U (1953) 5.00 Saratoga PG (1937)

The Disney Channel
Kids' programmes from 7am.

MOVIES

Sky Movies Drama

6.10 Driven to Succeed PG (2004) 7.45 Undercover Angel PG (1998) 9.25 Nurses on the Line: The Crash of Flight 7 PG (1993) 11.00 Driven to Succeed PG (2004) With Cybill Shepherd. 12.30 Kes U (1969) With David Bradley. 2.25 The Evening Star 15 (1996) With Shirley MacLaine. 4.40 Rest in Peace, Mrs Columbus PG (1990) With Peter Falk. 6.20 Sixty Six 12 (2006) With Gregg Sulkin. 8.00 The Prestige 12 (2006) With Hugh Jackman. 10.15 Midnight in the Garden of Good and Evil 15 (1997) With John Cusack. 1.00 Nil By Mouth 18 (1997) With Ray Winstone. 3.10 The Libertine 18 (2004) 5.05 Undercover Angel PG (1998)

Sky Movies Comedy

6.05 Annie Hall 15 (1977) 7.50 Mouse Hunt PG (1997) 9.35 Wallace and Gromit in The Curse of the Were-Rabbit U (2005) 11.05 Grease 2 PG (1982) With Michelle Pfeiffer. 1.05 My Super Ex-Girlfriend 12 (2006) With Uma Thurman. 2.45 10 Things I Hate About You 12 (1999) With Heath Ledger. 4.30 Wallace and Gromit in The Curse of the Were-Rabbit

(R) - repeat programme;

(T) - programme with teletext subtitles;

(S) - programme broadcast in stereo;

(bw) - black and white.

ITV1

5.30 ITV Morning News. (T) 6.00 GMTV. (T) 9.25 CITV: Jim Jam & Sunny. (T) 9.40 Jim Jam & Sunny. (T) 9.55 Meg & Mog. (R) (T) 10.05 Jim Jam & Sunny. (T) 10.15 Meg & Mog. (R) (T) 10.25 Championship Goals. (T) 11.25 ITV News and Weather. (T) 11.30 London Today; Weather. (T) 11.35 Britain's Got Talent. (R) (T) 12.35 FILM: K-9: PI (2003). Comedy sequel, starring James Belushi. (T) 2.25 FILM: Wild Wild West (1999). Western comedy, starring Will Smith. (T) 4.15 Pushing Daisies. (R)

5.15 Tales from the Country. In search of local entertainers. Last in series. (T)

5.45 London Tonight; Weather. (T)

6.00 ITV News and Weather. (T)

6.15 All New You've Been Framed! Including holiday horrors and school-play disasters. (T)

6.45 Beat the Star. New series. Vernon Kay hosts this game show in which a celebrity goes up against a member of the public for a #50,000 cash prize. First into the ring is boxing champion Amir Khan. (T)

8.00 Foyle's War. Foyle is enlisted as the police representative on the Victory Day Celebrations Committee, alongside his old friend John Kiefer representing the American forces stationed at Hastings. But a murder of one of their number puts paid to the preparations when evidence points to the guilt of another member, and investigations uncover truths the Allies would rather remain hidden. Michael Kitchen stars, with guest Jay Benedict. Last in series. (T)

10.00 Headcases. Cutting-edge satirical sketches featuring computer-generated images of celebrities, politicians and people in the public eye. Rory Bremner, Jon Culshaw and Kim Brand are among the impressionists voicing the characters. (T)

10.30 ITV News and Weather; Weather. (T)

10.45 Melvyn Bragg's Travels in Written Britain. Examining the literary heritage of the Midlands, from John Clare's poetic vision of the Northamptonshire countryside to George Eliot's Middlemarch. The presenter explores a landscaped park at Hagley Hall and the village of Bourneville, designed to be a worker's paradise, before taking in Shakespeare's Stratford by way of Ambridge. Contributions from Simon Russell Beale, Christopher Lee and Meera Syal. (T)

11.45 Superhuman - Giants. The world's tallest people discuss their lives, relating poignant tales of triumph over adversity and revealing how the simplest everyday tasks can turn into daunting challenges. (R) (T)

12.45 Cathedral; (R) (T) ITV News Headlines. 1.40 Dial a Mum. (R) (T) 2.15 Under One Roof. (R) (T) 2.40 Under One Roof. (R) (T) 3.05 People's Court. (R) (T) 3.55 ITV Nightscreen.

SPORT

Sky Sports 1

6.00 U Can Do It 6.05 You're on Sky Sports! 7.00 Football First 8.30 Football First 10.00 The Sunday Supplement 11.00 Goals on Sunday 1.00 Live Super Sunday. Newcastle United v Sunderland (Kick-off 1.30pm). 3.30 Live Super Sunday. Manchester City v Portsmouth (Kick-off 4.00pm). 6.30 Super Sunday: The Last Word 7.00 Live Spanish Football. A La Liga match. 10.00 Football Special 11.30 Super Sunday: The Last Word 12.00 Spanish Football 2.00 Football Special 3.30 Super Sunday: The Last Word 4.00 Spanish Football

Sky Sports 2

6.00 Live European Tour Golf. The China Open. 10.00 World Sport 10.30 High Five 11.00 Wild Sports 11.30 Live Cricket. Durham Dynamos v Yorkshire Carnegie. 7.30 Golf Night 10.00 Max Power 11.00 Race World 12.00 Beach Cricket 2.00 Close

Sky Sports 3

6.00 Max Power 7.00 Wild Sports 7.30 Spanish Football 9.00 WWE: Afterburn 10.00 WWE: Heat 11.00 Indy Racing League 1.00

European Tour Golf 5.00 WWE: Experience 6.00 World Sport 6.30 Beach Sports 7.00 Rally Fever 8.00 Wild Cricket 10.00 WWE: Late Night - Afterburn 11.00 WWE: Heat 12.00 Golf Night 2.30 Close

British Eurosport

7.30 Yoz Magazine 8.00 Live Motorcycling. The 24 Hours Du Mans race. 10.00 Live Snooker. The World Championship. 1.00 Live Weightlifting. The European Championship. 1.30 Live Motorcycling. The 24 Hours Du Mans race concludes. 2.15 Live Snooker. The World Championship. 5.00 Cycling 6.15 Cycling 6.45 Motorsports Weekend 7.00 Live Snooker. The World Championship. 10.00 ATP Tennis 11.00 Rallying 11.15 WTA Tennis 12.15 Motorsports Weekend 12.30 Close

Sky Sports Xtra

6.00 Watersports World 7.00 Rugby Union 9.00 Beach Cricket 11.00 Rugby Union 1.00 Max Power 2.00 Netball 4.00 Watersports World 5.00 Race World 6.00 Pool 7.00 Bass Fishing 8.00 Max Power 9.00 Watersports World 10.00 Bass Fishing 11.00 Pool 12.00 Watersports World 1.00 Bass Fishing 2.00 Close

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BBC1

6.00 Breakfast. (T) 9.15 Missing Live. (T) 10.00 Homes Under the Hammer. (T) BBC News; Weather. (T) 11.00 To Buy or Not to Buy. (T) 11.45 Cash in the Attic; (T) BBC News; Weather. (T) 12.15 Bargain Hunt. (T) 1.00 BBC News; Weather. (T) 1.30 Regional News; Weather. (T) 1.45 Doctors. (T) 2.15 Diagnosis Murder. (R) (T) 3.00 BBC News; Weather; Regional News. (T) 3.05 CBeebies: Space Pirates. (T) 3.35 CBBC: ChuckleVision. (R) (T) 3.50 Elliot Kid. (T) 4.00 Thumb Wrestling Federation; TVF. (R) (T) Thumb Wrestling Federation; TVF. (R) (T) 4.10 Roar. (T) 4.35 Grange Hill. (T) 5.00 Newsround. (T) 4.10

5.15 Weakest Link. General knowledge quiz, with Anne Robinson. (T)

6.00 BBC News; Weather. (T)
6.30 Regional News Programmes; Weather. (T)
6.55 Panel Election Broadcast. By the British National Party. (T)

7.00 The ONE Show. (T)
7.30 Watchdog. Investigation show, exposing rogue traders and fighting for consumers' rights. With Nicky Campbell, Paul Heiney and Julia Bradbury; (T) BBC News; Regional News. (T)

8.00 EastEnders. An emotional Heather confesses to Shirley her true feelings for Minty, while the groom-to-be is having doubts of his own. A drunken Roxy surprises Jack with her sincerity over Sean, and Christian attempts to make Steven face up to his sexuality. Darren seems to be the only grown-up at Pat's Cabs. (T)
8.30 Panorama. Gerry Norrham reports on the quality of air on board aeroplanes, carrying out tests to discover exactly what passengers and pilots are breathing and considers whether there is a real risk to health. Jeremy Vine presents. (T)

9.00 Waking the Dead. Part one of Two. The discovery of human remains in an urban canal links to the unsolved murder of a prison governor 15 years earlier, leading the team to seek out the original suspects. However, it's not long before the prison psychologist, married to the victim's daughter, finds himself personally embroiled in the investigation. Meanwhile, Boyd launches a search for his son Luke. Continues tomorrow. (T)

10.00 BBC News at Ten O'Clock. (T)
10.25 Regional News; Weather. (T)

10.35 Meet the Immigrants. A look at camps in northern France where refugees from Africa and the Middle East wait in the hope of illegally crossing the Channel into the UK. Elsewhere, an Iraqi Kurd who has lived in Bristol since being smuggled into the country on a lorry six years ago applies to remain. (T)

11.05 Inside Sport. Journalists Tony Livesey and Des Kelly join presenter Gabby Logan for the weekly round-up, with interviews, features and reaction to all the latest headlines. (T)

11.45 FILM: The Deep (1977). Action adventure, starring Nick Nolte; (T) Springwatch Weatherview. (T)

1.50 Sign Zone: Clowns. (R) (T) 2.50 Sign Zone: Am I Normal? (R) (T) 3.50 Sign Zone: To Buy or Not to Buy. (R) (T) 4.35 BBC News 24. (T)



BBC2

6.00 CBeebies: Tikkabilla. (R) (T) 6.30 Teletubbies; (R) (T) Tweenies Songtime. (R) (T) 7.00 CBBC: Arthur. (R) (T) 7.25 Newsround; (T) The Owl. (R) (T) 7.30 Hider in the House. (T) 8.30 CBeebies: Jackanory Junior. (R) (T) 8.45 Numberjacks. (R) (T) 9.00 Boogie Beebies. (R) (T) 9.20 Me Too! (R) (T) 9.40 Something Special. (R) (T) 9.55 Tweenies Safety Shorts. (R) (T) 10.00 In the Night Garden. (R) (T) 10.30 Schools: Focus. (T) 10.50 Look and Read. (T) 11.10 Razzledazzle. (T) 11.30 Watch. (T) 11.45 The Magic Key. (T) 12.00 The Daily Politics. (T) 12.30 Working Lunch. (T) 1.00 Schools: Science Clip Investigations. (T) 1.10 Science Clip Investigations. (T) 1.20 BBC Primary Geography. (T) 1.30 Snooker: The World Championship. Live coverage of the first round. (T) 6.00 Eggheads. (T) 6.30 Great British Menu. (T) 7.00 Snooker: The World Championship. Live coverage of this evening's first-round matches at Sheffield's Crucible Theatre, featuring Steve Davis v Stuart Bingham and Mark Williams v Mark Davis. (T) 8.00 University Challenge: The Professionals. The Ministry of Justice take on Salisbury Cathedral. (R) 8.30 The Hairy Bikers Come Home. Part one of two. Dave Myers and Si King celebrate Northern cuisine. (T) 9.00 Am I Normal? The pressure to conform to norms of appearance. (T) 10.00 Have I Got News for You. Jack Dee guest hosts. (R) (T) 10.30 Newsnight; Weather. (T) 11.20 A Study in Sherlock: BBC Four on BBC Two. (T) 12.00 Snooker: The World Championship. (T) 12.50 Snooker Extra. (T) 2.30 BBC News 24. (T) 4.00 BBC Learning Zone. (T)

Pick of the Day

Dom Joly's Complainers (five, 10pm) Not one to be afraid of upsetting people when carrying out any number of his hilarious pranks, the Trigger Happy TV star's new show is probably best described as a cross between Watchdog and Jackass. However, instead of upsetting unsuspecting members of the public, Dom and his crack team of 'complainers' are targeting those responsible for many of life's modern day irritations. In tonight's episode, Dom investigates recycling policies in Exeter, Oxford and Barnet. With millions of tonnes of domestic waste being buried in landfill sites every year, the government has given local councils the power to set and enforce their own policies. Dom heads to Exeter where 'Ebin police' have the power to fine households who are not obeying the strict policy. Dom speaks to recycling enforcement agency officer Peter Delaney, and is surprised to discover that the council is yet to fine anybody for breaching the rules. He also heads to Oxford, where overflowing bins are not to be sniffed at as residents are reaching the end of their tether with the local authority's £2.1million plan, before travelling south to Barnet, where one resident likens his council's policies to that of the Stalinist regime.

C4

6.10 The Hoobs. (R) (T) 6.35 The Hoobs. (R) (T) 7.00 Freshly Squeezed. 7.30 Everybody Loves Raymond. (R) (T) 8.00 Just Shoot Me. (R) (T) 8.30 Frasier. (R) (T) 9.00 Frasier. (R) (T) 9.30 Will & Grace. (R) (T) 10.00 The OC. (R) (T) 10.50 Smallville. (R) (T) 11.45 Designers Under Pressure. (R) (T) 12.00 News at Noon. (T) 12.30 Great British Brands. (R) (T) 12.50 FILM: Man with the Gun (1955). Western adventure, starring Robert Mitchum. (T) (bw) 2.25 A Place in the Sun: Home or Away. (R) (T) 3.25 Countdown. (T) 4.15 Deal or No Deal. (T) 5.00 The Paul O'Grady Show. (T) 6.00 The Simpsons. (R) (T) 6.30 Hollyoaks. (T) 7.00 Channel 4 News. (T) 7.55 3 Minute Wonder: CCTV Nation. New four-part series presenting a look at the use of CCTV in the UK, from a camera controller in Hackney to a family who have set up their own equipment to catch a thief. (T) 8.00 Immigration: The Inconvenient Truth. Immigrants from Eastern Europe. Last in series. (T) 9.00 A Time Team Special: The Lost Dock of Liverpool. Unearthing clues to Liverpool's mercantile origins. (T) 10.00 The Doctor Who Hears Voices. Drama-documentary based on a true story. (T) 11.20 FILM: The Proposition (2004). Premiere. Australian Western, starring Guy Pearce. (T) 1.10 Barry Humphries: The Man Inside Dame Edna. (R) (T) 2.10 FILM: The Business of Strangers (2001). Thriller, starring Stockard Channing. (T) 3.40 Strange Little Girls. (R) (T) 3.55 Immigration: The Inconvenient Truth. (R) (T) 4.50 3 Minute Wonder: Tracey's Postcards. (R) (T) 4.55 3 Minute Wonder: Handsworth Conversations. (R) (T) 5.00 St Elsewhere. (R)

FIVE

6.00 Milkshake! Oswald. (R) (T) 6.10 Hana's Helpline. (R) (T) 6.25 Thomas & Friends. (R) (T) 6.35 The Funky Valley Show. (T) 6.50 Mio Mao. (R) (T) 6.55 Fireman Sam. (R) (T) 7.05 Roary the Racing Car. (R) (T) 7.20 Rupert Bear. (R) (T) 7.30 The Mr Men Show. (T) 7.50 Make Way for Noddy. (R) (T) 8.05 Fit and the Flowerbuds. (R) (T) 8.20 Peppa Pig. (R) (T) 8.25 Thomas & Friends. (R) (T) 8.35 Pocoyo. (R) (T) 8.45 Ebb and Flo. (R) (T) 8.50 Bird Bath. (R) (T) 9.00 The Wright Stuff. (T) 10.30 Trisha Goddard. (T) 11.30 Put Your Money Where Your House Is. (T) 12.00 House Doctor. (R) (T) 12.30 five news. (T) 12.45 Law & Order: Criminal Intent. (R) (T) 1.45 Neighbours. (R) (T) 2.15 Home and Away. (T) 2.50 Animal Rescue Squad. (R) (T) 3.05 five news update. (T) 3.10 FILM: The Cradle Will Fall (2004). Mystery, starring Angie Everhart. (T) 5.00 five news. (T) 5.30 Neighbours. (R) (T) 6.00 Home and Away. (R) (T) 6.30 Monkey Life. (R) (T) 7.00 five news. (T) 7.30 How Do They Do It? Presenter Robert Llewellyn learns how researchers in Australia are creating more resilient banknotes and how Ipswich industries are using the art of falconry to pest pests; (T) 7.30 five news update. 8.00 The Gadget Show. The team test hand-held computers; (T) 8.00 five news at 9.00 Paul Merton in China. A tour of the country. (R) (T) 10.00 Dom Joly's Complainers. Recycling policies in Exeter, Oxford and Barnet. (T) 11.05 FILM: The Big Bounce (2004). Premiere. Comedy thriller, starring Owen Wilson. (T) 12.40 US PGA Golf. 1.30 NHL Ice Hockey. 4.20 A1 Grand Prix. 5.10 House Doctor. (R) (T) 5.35 Neighbours. (R) (T)

ITV1

5.30 ITV Morning News. (T) 6.00 GMTV. (T) 9.25 The Jeremy Kyle Show. (T) 10.30 This Morning. (T) 12.30 Loose Women. (T) 1.30 ITV Lunchtime News. (T) 2.00 60 Minute Makeover. (T) 3.00 Dickinson's Real Deal. (R) (T) 3.59 London Weather. (T) 4.00 Midsomer Murders. (R) (T)

5.00 Golden Balls. New series. Game show, hosted by Jasper Carrott. (T)

6.00 London Tonight; Weather. (T)
6.30 ITV Evening News; Weather. (T)

7.00 Emmerdale. Gennie mentions to Paddy that Shadrach reminds her of someone from her youth, before coming face to face with her estranged father. Hilary panics when she hears Mel and Greg plan to move away, while Pearl becomes the centre of attention when her friends learn she has won a cruise for two people. (T)

7.30 Coronation Street. Reluctant to integrate and take part in the training programmes, David struggles to adjust to life behind bars, but finds solace when a worried Gail pays him a visit. Roy keeps a tight rein on Tony, in spite of his donation to a bat charity, and Becky shows her gratitude to Jason for warning her about Rick. (T)

8.00 Jail My Child: Tonight. Parents who turned their children over to the authorities after learning they were complicit in a serious crime discuss how they came to make the difficult decision. (T)

8.30 Coronation Street. David puts on a brave face for Gail's sake, but breaks down in tears when she leaves. An old flame tries to get in touch with Audrey, and Paul is fuming to hear of Leanne's plans. (T)

9.00 Taggart. Burke promises to help an old flame working for a politician in trouble for accepting funds for his campaign from an underworld figure. His investigation into the criminal leads him to a shady escort agency, but both the case and his personal reputation are put on the line when he is caught on camera leaving the building after it is raided by vice officers. First of three new one-off editions of the detective drama, starring Alex Norton. (T)

10.00 News at Ten and Weather; Weather. (T)
10.35 FILM: Pale Rider (1985). Western, starring Clint Eastwood. (T)

12.40 UEFA Champions League Weekly. (T) 1.10 Nightwatch with Steve Scott; ITV News Headlines. 2.05 Loose Women. (R) 2.55 Make Me Perfect. (R) (T) 3.45 ITV Nightscreen.

LOCAL

RTP1

0630 Bom Dia Portugal 1000
Praça da Alegria 1300 Jornal da Tarde 1515 Prova de Amor 1515 Portugal no Coração 1800 Portugal em Directo 1905 O Preço Certo 2000 News 2100 Notas Soltas 2130 Sabe Mais do Que um Múido de 10 Anos? 2230 Prós e Contras 0400 TeleSales 0605 Nôs

RTP2

0700 Euronews 0715 Zig Zag 1300 Discovery Hour 1400 Sociedade Civil 1530 Da Terra ao Mar 1600 National Geographic 1700 Zig Zag 1800 A Fé dos Homens 1935 Eurodeputados 1945 Zig Zag 2045 Friends 2115 National Geographic 2150 A Hora da Sorte 2200 News 2240 Seis Graus 2330 Bastiões 0030 Noites 0115 Universidades 0145 Discovery Hour 0245 Diga Lá Excelência 0345 Eurodeputados 0415 Sociedade Civil 0545 Euronews

SIC

0700 Floribella 0830 Sic Kids 0915 Floribella 1000 Família 1300 News 1415 Desejo Proibido 0115 Eterna Magia 1545 Contato 1800 Sete Pecados 1900 A Ganhar é que a Gente se Entende 2000 News 2130 Os Malucos do Riso 2215 Duas Caras 2330 Resistiré 0030 CSI Miami 0130 Rescuer Me 0330 Quando o Telefone Toca

TVI

0700 Diário da Manhã 1000 Vozê na TV 1300 News 1400 As Tardes da Júlia 1700 Quem Quer Ganhar 1800 Morangos com Açúcar 2000 News 2200 Fascínios 2300 Deixa-me 0200 Toca a Ganhar 0345 Film TBA 0530 TeleSales

Best of the Rest

BBC3

7.00 Dragons' Den 8.00 The Real Hustle 8.30 Glamour Girls 9.00 Natalie Cassidy's Diet Secrets 10.00 EastEnders 10.30 Gavin & Stacey 11.00 Pulling 11.30 Family Guy 11.50 Family Guy 12.15 Glamour Girls 12.45 Natalie Cassidy's Diet Secrets 1.40 Gavin & Stacey 2.10 Pulling 2.40 The Real Hustle 3.10 Young Mums' Mansion: Changed My Life 4.10 Dog Borstal 4.40 Close

BBC4

7.00 World News Today 7.00 Weather 7.30 Abroad Again in Britain 8.30 The Book Quiz 9.00 How to Build a Cathedral 10.00 Film: The Hunchback of Notre Dame PG (1939) 11.50 Britain's Best Buildings 12.40 How to Build a Cathedral 1.40 Abroad Again in Britain 2.40 The Book Quiz 3.10 How to Build a Cathedral 4.10 Close

ITV2

1.00 Emmerdale 1.30 The Jeremy Kyle Show 2.35 The Jeremy Kyle Show 3.45 Ricki Lake 4.30 Sally Jessy Raphael 5.20 The Montel Williams Show 6.05 Judge Judy 7.00 Smallville 8.00 Breaking Up with Shannen Doherty 8.30 Airline 9.00 Pushing Daisies 10.00 Film: Wimbledon 12 (2004) 12.00 Coronation Street 12.30 Coronation Street 1.00 Keith Lemon's Very Brilliant World Tour 1.35 Laura, Ben and Him 2.05 Comedy Cuts 2.30 Teleshopping 5.30 ITV2 Nightscreen

Sky One

1.00 Cold Case 2.00 Angel 3.00 Stargate SG-1 4.00 Stargate SG-1 5.00 Futurama 5.30 Futurama 6.00 Futurama 6.30 Malcolm in the Middle 7.00 The

Simpsons 7.30 The Simpsons 8.00 The Simpsons 8.30 The Simpsons 9.00 Road Wars 9.00 Bones 11.00 Road Wars 12.00 Stargate Atlantis 1.00 Road Wars 1.55 Road Wars 2.50 Angel 3.40 Deadwood 4.40 America's Dumbest Criminals 5.05 Bite Size Brainiac 5.10 Guilty!

UKTV Gold

1.00 Last of the Summer Wine 1.40 Keeping Up Appearances 2.20 The Two Ronnies 3.00 Open All Hours 3.40 My Family 4.20 Keeping Up Appearances 5.00 Last of the Summer Wine 5.40 Open All Hours 6.20 My Family 7.00 Porridge 7.40 Only Fools and Horses 8.20 Blackadder Goes Forth 9.00 The Royle Family 9.40 Absolutely Fabulous 10.20 Gimme Gimme Gimme 11.00 Only Fools and Horses 11.40 Blackadder Goes Forth 12.20 Absolutely Fabulous 1.00 Gimme Gimme Gimme 1.40 The Thin Blue Line 2.15 The Bill 3.05 Baywatch 3.50 What a Carry On! 4.10 2point4 Children 4.40 As Time Goes By 5.10 Neighbours 5.35 Neighbours

TCM

1.00 Reunion in France U (1942) 3.00 Rhapsody U (1954) 5.00 Joe: The Busy Body PG (1972) 6.35 2001: A Space Odyssey U (1968) 9.00 McCabe and Mrs Miller 18 (1971) 11.10 The Best House in London 15 (1968) 12.55 The Night Digger 15 (1971) 2.50 Johnny Eager PG (1942) 5.00 After the Thin Man U (1936)

The Disney Channel

Kids' programmes from 7am

MOVIES

Sky Movies Drama

6.40 The Patron Saint of Liars PG (1997) 8.15 Blessings PG (2003) 9.50 Columbo Cries Wolf PG (1990) 11.30 Holy Matrimony PG (1994) With Patricia Arquette. 1.05 Flight 93 12 (2006) With Jeffrey Nordling. 2.40 A Marriage of Convenience PG (1998) With Jane Seymour. 4.15 Desperate Justice PG (1993) With Lesley Ann Warren. 5.50 Columbo Cries Wolf PG (1990) With Peter Falk. 7.30 The Oxford Murders Close Up 8.00 The Lake House PG (2006) With Sandra Bullock. 10.00 The World's Fastest Indian 12 (2006) With Anthony Hopkins. 12.10 Witness 15 (1985) With Harrison Ford. 2.10 Premiere Close Up 2.40 Two for the Money 15 (2005) With Al Pacino. 4.50 The Patron Saint of Liars PG (1997)

Sky Movies Comedy

6.25 The Clinic PG (2004) 8.00 The Shaggy Dog U (2006) 9.40 Police Academy 6: City Under Siege PG (1989) 11.10 Holy Man PG (1998) With Eddie Murphy. 1.10 Fun with Dick and Jane 12 (2005) With Jim Carrey. 2.45 Rush Hour 12 (1998) With Jackie Chan. 4.30 Police Academy 6: City Under Siege PG (1989) With Bubba Smith. 6.00 Holy Man PG (1998) With Eddie Murphy. 8.00 Fun with Dick and Jane 12 (2005) With Jim Carrey. 9.45 Rush Hour 12 (1998) With Jackie Chan. 11.35 Rumor Has It 12 (2005) With Jennifer Aniston. 1.20 The Shaggy Dog U (2006) With Tim Allen. 3.05 An Alan Smithee Film: Burn, Hollywood, Burn 12 (1997) 4.40 The Clinic PG (2004)

Sky Movies Action/Thriller

6.20 Asunder 18 (1998) 8.05 The Oxford Murders Close Up 8.25 Striking Poses 15 (1997) 10.05 Alien Resurrection 18 (1997) 12.05 Crimes of Passion: Sleepwalker 15 (1996) With Jeffrey Nordling. 1.40 Flashbacks of a Fool Special 1.55 Total Stranger 15 (1999) With Lindsay Crouse. 3.35 Basilisk: The Serpent King 15 (2006) With Jeremy London. 5.15 Alien Resurrection 18 (1997) With Sigourney Weaver. 7.15 Snake Eyes 15 (1998) With Nicolas Cage. 9.00 The General's Daughter 18 (1999) With John Travolta. 11.00 Blow Out 18 (1981) With John Travolta. 12.55 Year of the Dragon 18 (1985) With Mickey Rourke. 3.10 Last Seduction II 18 (1997) 4.50 The Legend of Butch and Sundance PG (2004)

(R) - repeat programme;

(T) - programme with tele-

text subtitles;

(S) - programme broadcast

ing stereo;

(bw) - black and white.

SPORT

Sky Sports 1

6.00 Good Morning Sports Fans 9.00 Football Special 10.30 Super Sunday: The Last Word 11.00 Spanish Football 1.00 Football Special 2.30 Super Sunday: The Last Word 3.00 Spanish Football 5.00 Soccer AM: The Best Bits 6.00 Big League Weekend 7.30 Monday Night Live. Wolverhampton Wolves v Lakeside Hammers. 9.30 You're on Sky Sports! 10.30 Big League Weekend 12.00 Soccer AM: The Best Bits 1.00 Champions League Weekly 1.30 Big League Weekend 3.00 Soccer AM: The Best Bits 4.00 Champions League Weekly 4.30 You're on Sky Sports! 5.30 Champions League Weekly

Sky Sports 2

6.00 Aerobics Oz Style 6.30 Sports Adventure 7.00 WWE: Bottom Line 8.00 Max Power 9.00 Live Masters Tennis. The Monte Carlo Masters. 5.00 High Five 5.30 High Five 6.00 Sports Adventure 6.30 Wild Spirits 7.00 Sports Adventure 7.30 World Motor Sport 10.00 British Rally Championship 11.00 Speedway 1.00 Poker 2.00 World Motor Sport 3.40 Close

Sky Sports 3

8.30 Golf Night 11.00 Aerobics Oz Style 11.30 Racing News 12.00 Max Power 1.00 Bass Fishing 2.00 Sports Adventure 2.30 Golf Night 5.00 WWE: Raw 7.00 Bass Fishing 8.00 British Rally Championship 9.00 Poker

10.00 WWE: Late Night - Bottom Line 11.00 WWE: Late Night - Afterburn 12.00 Extreme Championship Wrestling 1.00 Live WWE: Late Night - Raw. Wrestling action from the States. 4.00 Close

British Eurosport

7.30 Rallying 7.45 Motorsports Weekend 8.00 Weightlifting 9.00 Snooker 10.00 Live Snooker. The World Championship. 1.00 Trial Bikes 1.30 UEFA Cup Football 2.30 Live Snooker. The World Championship. 5.00 Eurogoals 5.45 WATTS 6.00 Viking 6.30 Live Snooker. The World Championship. 10.00 Eurogoals 10.45 Rallying 11.00 World Superbikes 12.00 French Rugby 12.30 Close

Sky Sports Xtra

4.00 Sports Adventure 4.30 Aerobics Oz Style 5.00 Wild Spirits 5.30 Sports Adventure 6.00 Aerobics Oz Style 6.30 British Rally Championship 7.30 High Five 8.00 Masters Tennis 10.00 Sports Adventure 10.30 Wild Spirits 11.00 Sports Adventure 11.30 Sports Adventure 12.00 British Rally Championship 1.00 Masters Tennis 3.00 Sports Adventure 3.30 Wild Spirits 4.00 Close

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BBC1

6.00 Breakfast. (T) 9.15 Missing Live. (T) 10.00 Homes Under the Hammer; (T) BBC News; Weather. (T) 11.00 To Buy or Not to Buy. (T) 11.45 Cash in the Attic; (T) BBC News; Weather. (T) 12.15 Bargain Hunt. (R) (T) 1.00 BBC News; Weather. (T) 1.30 Regional News; Weather. (T) 1.45 Doctors. (T) 2.15 Diagnosis Murder. (R) (T) 3.00 BBC News; Weather; Regional News. (T) 3.05 CBeebies: Space Pirates. (T) 3.35 CBBC: ChuckleVision. (R) (T) 3.50 Eliot Kid. (T) 4.00 The Cramp Twins. (R) (T) 4.15 Dinosaipen. (R) (T) 4.35 Blue Peter. (T) 5.00 Newsround. (T)

5.15 Weakest Link. Anne Robinson oversees the backstabbing general knowledge quiz, as contestants try to weed out the weaklings and walk off with a cash prize. (T)

6.00 BBC News; Weather. (T)

6.30 Regional News Programmes; Weather. (T)

7.00 The ONE Show. (T)

7.30 EastEnders. Heather's happy day is thrown into turmoil by Hazel's arrival, leaving Minty with a difficult decision to make. Ronnie is upset to see Jack is taking Tanya to the wedding and a concerned Peggy convinces Shirley to collect her biopsy results. Sean begins to take control of a confused Gus; (T) BBC News; Regional News. (T)

8.00 Holby City. A dangerous situation leaves Mark questioning his future. Lady Byrne arrives intending to make changes to the management of Charles' charity and appoints Elliot as the new Medical Advisor. Connie fights to save the lives of two teenage cardiac patients involved in a Romeo and Juliet tryst, and Michael is angry with Ric for walking out on a cosmetic operation. (T)

9.00 Waking the Dead. Part two of two. The team must work fast to identify Governor Reading's killer when prime suspect Kelleher takes Dr Hooper hostage. Meanwhile, there's no sign of Boyd's son at the disused building to which Luke's phone was traced. Drama, starring Trevor Eve and Sue Johnston. (T)

10.00 BBC News at Ten O'Clock. (T)

10.25 Regional News; Weather. (T)

10.35 Ex-Forces and Homeless. With statistics showing ex-soldiers make up 12 per cent of the UK's homeless population, retired SAS major Ken Hames investigates the problem of former comrades now living on the streets. Experiencing homelessness first-hand, he uncovers institutional failure and that he shares the same psychological demons. (T)

11.15 FILM: Deception (2000). Thriller, starring Ben Affleck; (T) Weatherwise. (T)

12.55 Sign Zone: See Hear. (R) (T) 1.25 Sign Zone: Tiger - Spy in the Jungle. (R) (T) 2.25 Sign Zone: To Buy or Not to Buy. (R) (T) 3.10 Sign Zone: To Buy or Not to Buy. (R) (T) 3.55 BBC News 24. (T)



BBC2

6.00 CBeebies: Tikkabilla. (R) (T) 6.30 Teletubbies; (R) (T) Tweenies Songtime. (R) (T) 7.00 CBBC: Arthur. (R) (T) 7.25 Newsround; (T) The Owl. (R) (T) 7.30 Hider in the House. (T) 8.30 CBeebies: Jackanory Junior. (R) (T) 8.45 Numberjacks. (R) (T) 9.00 Boogie Beebies. (R) (T) 9.20 Me Too! (R) (T) 9.40 Something Special. (R) (T) 9.55 Tweenies Safety Shorts. (R) (T) 10.00 In the Night Garden. (R) (T) 10.30 Schools: Words and Pictures. (T) 10.40 Words and Pictures. (T) 10.50 BBC Primary History. (T) 11.10 Timewatch. (R) (T) 12.00 The Daily Politics. (T) 12.30 Working Lunch. (T) 1.00 Schools: Maths Channel. (T) 1.10 BBC Primary Geography. (T) 1.30 Snooker: The World Championship. Graeme Dott v Joe Perry. (T) 6.00 Eggheads. (T) 6.30 Great British Menu. (T) 7.00 Snooker: The World Championship. Live coverage of the evening session at the Crucible Theatre in Sheffield, where the first-round match between Ding Junhui and Marco Fu is set to reach a conclusion. (T) 8.00 University Challenge: The Professionals. (T) 8.30 The Hairy Bikers Come Home. Part two of two. Dave Myers and Si King celebrate Northern cuisine. (T) 9.00 Age of Terror. (T) 10.00 Later Live - with Joos Holland. Featuring the Charlatans, Eartha Kitt, Was Not Was and the Pigeon Detectives. (T) 10.30 Newsnight; Weather. (T) 11.20 Mad Men. (T) 12.10 Snooker: The World Championship. (T) 1.00 Snooker Extra. (T) 2.30 BBC News 24. (T) 3.15 Close. 4.00 BBC Learning Zone. (T)

Pick of the Day

Law & Order: Criminal Intent (five, 11.20pm) It's Logan and Barek's turn to take centre stage again this week as the detectives lead the investigation into the death of talented 21-year-old violinist Laura Booth. The victim was found dead backstage at the Old Hudson Opera House, after being thrown down an air shaft from the roof during a performance by her opera-singing mother. Logan and Barek are disappointed to learn that the whole opera company, 700 people in all, had access to the Hudson's roof, so it's not going to be so simple to track down Laura's killer. What's more, it seems the crew used the top of the building regularly as a drinking and drug-taking area. The dead girl's mother Gillian (guest star Alice Krige) claims that her daughter would never have been involved in such activities, but the autopsy tells a different story. The discovery of cocaine on Laura's hands, coupled with the revelation that the company had just returned from South America, seems to implicate her in drug smuggling. However, new evidence, pointing towards conductor Philip Reinhardt (played by another famous guest star, Julian Sands) soon leads the detectives to believe there is more to the case than first meets the eye.

C4

5.55 Inuk. (R) (T) 6.10 The Hoobs. (R) (T) 6.35 The Hoobs. (R) (T) 7.00 Freshly Squeezed. 7.30 Everybody Loves Raymond. (R) (T) 8.00 Just Shoot Me. (R) (T) 8.30 Frasier. (R) (T) 9.00 Frasier. (R) (T) 9.25 Will & Grace. (R) (T) 9.55 The OC. (R) (T) 10.50 Smallville. (R) (T) 11.45 Designers Under Pressure. (R) (T) 12.00 News at Noon. (T) 12.30 The Grand: Checking into History. (R) (T) 12.50 FILM: The Tall Stranger (1957). Western, starring Joel McCrea. (T) 2.20 A Place in the Sun: Home or Away. (R) (T) 3.25 Countdown. (T) 4.15 Deal or No Deal. (T) 5.00 The Paul O'Grady Show. (T) 6.00 The Simpsons. (R) (T) 6.30 Hollyoaks. (T) 7.00 Channel 4 News. (T) 7.55 3 Minute Wonder: CCTV Nation. The use of CCTV in the UK. (T) 8.00 How to Look Good Naked. Gok Wan helps Nicki, 35, who wants to meet a man, but whose hatred of her tummy and the thought of a boyfriend seeing her naked terrifies her. Plus, Rebecca and Carole test lip liner. (T) 9.00 The Diets That Time Forgot. Roy organises a period fashion show. Last in series. (T) 10.00 Heather Mills: What Really Happened. New series. Behind the headlines of three recent stories, beginning with Heather Mills. (T) 11.05 Dirty Sexy Money. (R) (T) 12.05 4Music: Duffy: Video Exclusive. 12.10 Premier League Poker. 1.10 British Superbike Championship. (T) 2.00 British GT Championship. (T) 2.30 KOTV. (T) 3.00 World Cup Skiing. (R) 3.55 Celebrity Late Night Poker. (R) 4.45 Freesports on 4. (R) (T) 5.15 St Elsewhere. (R)

FIVE

6.00 Milkshake!: Oswald. (R) (T) 6.10 Hansa's Helpline. (R) (T) 6.25 Thomas & Friends. (R) (T) 6.35 The Funky Valley Show. (T) 6.50 Mio Mao. (R) (T) 6.55 Fireman Sam. (R) (T) 7.05 Roary the Racing Car. (R) (T) 7.20 Rupert Bear. (R) (T) 7.30 The Mr Men Show. (T) 7.50 Make Way for Noddy. (R) (T) 8.05 Fifi and the Flowerlots. (R) (T) 8.15 Peppa Pig. (R) (T) 8.20 Peppa Pig. (R) (T) 8.25 Thomas & Friends. (R) (T) 8.35 Pocoyo. (R) (T) 8.45 Ebb and Flo. (R) (T) 8.50 Bird Bath. (R) (T) 9.00 The Wright Stuff. (T) 10.30 Trisha Goddard. (T) 11.30 Put Your Money Where Your House Is. (T) 12.00 House Doctor. (R) (T) 12.30 five news. (T) 12.45 Law & Order: Criminal Intent. (R) (T) 1.45 Neighbours. (T) 2.15 Home and Away. (T) 2.50 Animal Rescue Squad. (R) (T) 3.05 five news update. (T) 3.10 FILM: Sherlock Holmes: The Hound of the Baskervilles (2000). Mystery, starring Matt Frewer. (T) 5.00 five news. (T) 5.30 Neighbours. (R) (T) 6.00 Home and Away. (R) (T) 6.30 Monkey Life. (R) (T) 7.00 five news. (T) 7.30 Jaguar Adventure with Nigel Marven. Nigel and his team achieve three sightings in 24 hours; (T) 7.30 five news update. 8.00 Tutankhamun - Secrets of the Boy King: Revealed. Lord Camarvon investigates the history of ancient Egypt; (R) (T) 8.00 five news at 9.00 CSI: Crime Scene Investigation. The case of two murdered gigolos takes an unexpected turn, and Sara is assigned to look into the death of Catherine's ex-husband. Guest starring Elizabeth Berkley. (R) (T) 10.20 CSI: Miami. (R) (T) 11.20 Law & Order: Criminal Intent. (T) 12.20 FBI Files. (T) 1.20 NBA Basketball. 3.50 French Football. 4.40 Football Italiano. 5.10 House Doctor. (R) (T) 5.35 Neighbours. (R) (T)

ITV1

5.30 ITV Morning News. (T) 6.00 GMTV. (T) 9.25 The Jeremy Kyle Show. (T) 10.30 This Morning. (T) 12.30 Loose Women. (T) 1.30 ITV Lunchtime News. (T) 2.00 60 Minute Makeover. (T) 3.00 Dickinson's Real Deal. (R) (T) 3.59 London Weather. (T) 4.00 Midsomer Murders. (R) (T)

5.00 Golden Balls. Jasper Carrott hosts the show in which four contestants enter a game of truth and bluff to find life-changing amounts of cash hidden inside a set of golden balls. (T)

6.00 London Tonight; Weather. (T)

6.25 Party Election Broadcast. Election broadcast by the Left List Party. (T)

6.30 ITV Evening News; Weather. (T)

7.00 Emmerdale. Ross admits the truth to Marlon about Shane's behaviour toward Donna, and together the pair plot to gain revenge against the shady officer. Shadrach anxiously prepares a meal for Gennie's visit, while Laurel and Ashley uncover the facts behind Daniel's parentage. (T)

7.30 UEFA Champions League Live. Liverpool v Chelsea (Kick-off 7.45pm). Steve Rider presents coverage of the semi-final first leg from Anfield, where the sides meet at this stage for the third time in four seasons. (T)

10.00 News at Ten and Weather; Weather. (T)

10.40 London's Mayor - You Decide. Boris Johnson, Brian Paddick and Ken Livingstone battle it out for the hearts and minds of the voters as a studio audience challenge each one on their manifesto ahead of the mayoral election on May 1. The contenders will be vigorously defending their policy proposals with just more than a week to go before the polls open. Presented by Alastair Stewart.

11.40 Dexter. Laguerta begins to doubt Neil Perry is the Ice Truck Killer, and Rita begins warming to ex-husband Paul, who claims to be a changed man since his release from jail. Meanwhile, Dexter investigates the apparent suicide of a wealthy businesswoman - and soon suspects she may actually have been killed by her psychiatrist. (R) (T)

12.40 Nightwatch with Steve Scott: Crime; (R) (T) 3.20 The Jeremy Kyle Show. (R) (T) 4.10 ITV Nightscreen.

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LOCAL

RTP1

0630 Bom Dia Portugal 1000
Praça da Alegria 1300 News
1415 Prova de Amor 1515
Portugal No Coração 1800
Portugal em Directo 1905
News 2100 Sabe Mais Do
Que um Miúdo de 10 Anos
2300 Basic Instinct 2, film
0230 O Tutor 0400 Teleales
0605 N6s
RTP2
0700 Euronews 0715 Zig Zag
1300 Discovery Hour 1400
Sociedade Civil 1530 Da
Terra Ao Mar 1600 National
Geographic 1700 Zig Zag
1830 A Fé Dos Homens 1900
2010 1945 Zig Zag 2045
Freinds 2110 National
geographic 2200 News 2200
Greys Anatomy 2330 Sempre
em Pé 0040 Noites da 2
0115 Unidades 0145
Hora Discovery 0245 camara
Claa 0355 2010 0535
Sociedade Civil 0605
Euronews

SIC

0700 Floribella 0830 Sic Kids
1100 Fatima 1300 News 1415
Desejo Proibido 1415 Eterna
Magia 1515 Contacto 1800
Sete Pecados 1900 A Ganhar
& Que Agente Se Entende
2000 News 2130 Os Malucos
do Riso 2215 Rapid Fire, film
2330 Resitirei 0030 Entre
Vidas 0130 Rescue Me 0230
Quando o Telefone Toca
TVI
0700 Diário Da Manha 1000
Você na TV 1300 News 1400
As Tardes da Júlia 1700
Quem Quer Ganha 1800
Morangos com Açúcar 2130
News 2215 Doce Fugitiva
0015 Oprepario Impossível,
film

Best of the Rest

BBC3

7.00 Film: What Women Want
12 (2000) 9.00 Blood, Sweat
and T-Shirts 10.00 EastEnders
10.30 Little Britain 11.00 The
Wall 11.45 Family Guy 12.10
Family Guy 12.30 Blood, Sweat
and T-Shirts 1.30 Amy: My Body
for Bucks 2.25 Natalie
Cassidy's Diet Secrets 3.25
Spandaholics 4.25 Close

BBC4

7.00 World News Today 7.00
Weather 7.30 Pop Go the Sixties
7.35 Batman 8.00 Life in Cold
Blood 9.00 Chinese School 10.00
Goodness Gracious Me 10.30
Film: Films to Keep You Awake:
Spectre 15 (2006) 11.50 Awake:
School 12.50 Proms on Four
2007 2.45 Chinese School 3.45
Close

ITV2

1.00 Emmerdale 1.30 The
Jeremy Kyle Show 2.35 The
Jeremy Kyle Show 3.45 Ricki
Lake 4.30 Sally Jessy Raphael
5.20 The Montel Williams Show
6.05 Judge Judy 7.00 Smallville
8.00 Katie & Peter: The Next
Chapter 9.00 Bionic Woman
10.00 Laura, Ben and Him 10.30
Film: The Chronicles of Riddick
15 (2004) 12.40 Comedy Cuts
1.10 Film: Hot Shots! Part Deux
PG (1993) 2.40 Teleshopping
5.40 ITV2 Nightscreen

Sky One

1.00 Cold Case 2.00 Angel 3.00
Stargate SG-1 4.00 Stargate
SG-1 5.00 Futurama 5.30

Futurama

6.00 Futurama 6.30
Malcolm in the Middle 7.00 The
Simpsons 7.30 The Simpsons
8.00 The Simpsons 8.30 The
Simpsons 9.00 Battlestar
Galactica 10.00 The Dresden
Files 11.00 Inside Prisons 12.00
Stargate Atlantis 1.00 Road
Wars 1.50 Road Wars 2.00 Angel
3.30 Deadwood 4.20 Dream Team
5.10 Guilty!

UKTV Gold

1.00 Last of the Summer Wine
1.40 Keeping Up Appearances
2.20 The Two Ronnies 3.00 Open
All Hours 3.40 My Family 4.20
Keeping Up Appearances 5.00
Last of the Summer Wine 5.40
Open All Hours 6.20 My Family
7.00 Porridge 7.40 Only Fools
and Horses 8.20 Blackadder
Goes Forth 9.00 Victoria Wood
Live 10.55 Only Fools and Horses
12.15 Only Fools and Horses
12.50 Blackadder Goes Forth
1.30 Victoria Wood Live 3.15
The Bill 4.05 Alistair McGowan's
Big Impression 4.15 2point4
Children 4.45 As Time Goes By
5.15 Neighbours 5.35
Neighbours

TCM

1.00 Wives and Daughters 3.00
Please Don't Eat the Daisies U
(1960) 4.55 Take Me Out to the
Ball Game U (1949) 6.35 The
Prize PG (1963) 9.00 Poltergeist
15 (1982) 11.05 Wild Rovers 15
(1971) 2.00 Marie Antoinette U
(1938) 5.00 Roberta U (1935)

The Disney Channel

Kids' programmes from 7am,

MOVIES

Sky Movies Drama

6.35 Love Letters PG (1999)
8.15 A Time to Decide PG (2000)
9.55 Clowns: Murder, Smoke
and Shadows PG (1989) 11.35
The Oxford Murders Close Up
11.55 See You in the Morning 15
(1989) With Jeff Bridges. 2.00
Flashbacks of a Fool Special
2.20 Victim of Love PG (1993)
With Dwight Schultz. 4.05
Shadow Makers PG (1989) With
Paul Newman. 6.15 In the Line
of Duty: Siege at Marion PG
(1992) With Ed Begley Jr. 8.00
Syriana 15 (2005) With George
Clooney. 10.10 McVicar 18
(1980) With Roger Daltrey. 12.10
Nixon 15 (1995) With Anthony
Hopkins. 3.20 The Runner 15
(1999) 5.00 A Time to Decide
PG (2000)

Sky Movies Comedy

6.20 House Arrest PG (1995)
8.20 Princess Caraboo PG
(1994) 10.05 Father of the Bride
PG (1991) 11.55 The
Benchwarmers 12 (2006) With
Rob Schneider. 1.25 Groundhog
Day PG (1993) With Bill Murray.
3.10 American Mafia: From
Street to Screen 4.10 Shopgirl
15 (2005) With Claire Danes.

(R)-repeat programme;

(T)-programme with teletext subtitles;

(S)-programme broadcast in stereo;

(bw)-black and white.

Sky Sports 1

6.00 Good Morning Sports Fans
9.00 Big League Weekend 10.30
Sports Adventure 11.00
Speedway 1.00 Big League
Weekend 2.30 Soccer AM: The
Best Bits 3.30 Big League
Weekend 5.00 NFL: Total Access
6.00 Sports Adventure 6.30
Revista De La Liga 7.30 Live
Greyhound Racing. The Blue
Riband. 10.00 Revista De La
Liga 11.00 NFL: Total Access
12.00 Ladies European Tour Golf
1.00 Revista De La Liga 2.00
World Motor Sport 4.30 Revista
De La Liga 5.30 Sports Adventure

Sky Sports 2

6.00 Aerobics Oz Style 6.30
Sports Adventure 7.00 WWE:
Afterburn 8.00 Soccer AM: The
Best Bits 9.00 Live Masters
Tennis. The Monte Carlo
Masters. 5.00 High Five 5.30
High Five 6.00 Ladies European
Tour Golf 7.00 Sports Unlimited
8.00 Ladies European Tour Golf
9.00 High Five 9.30 High Five
10.00 Poker 12.00 Poker 1.00
Pool 2.00 Motor Racing 2.30
Close

Sky Sports 3

7.30 British Rally Championship
8.30 World Motor Sport 11.00
Aerobics Oz Style 11.30 Racing
News 12.00 Bass Fishing 1.00
NFL: Total Access 2.00 Sports
Adventure 2.30 Wild Spirits 3.00
Speedway 5.00 WWE:

Smackdown 7.00 Pool 8.00
Sports Adventure 8.30 Motor
Racing 9.00 Poker 10.00 Ladies
European Tour Golf 11.00 Pool
12.00 Sports Unlimited 1.00
Sports Adventure 1.30 High Five
2.00 Close

British Eurosport

7.30 Rallying 7.45 World Rally
Championship 8.15 Eurogoals
9.00 Snooker 10.00 Live
Snooker. The World
Championship. 1.00 UEFA
Champions League 2.30 Live
Snooker. The World
Championship. 5.30 Eurogoals
5.45 World Rally Championship
6.15 Eurogoals 7.00 Live
Snooker. The World
Championship. 10.00 Boxing
11.45 Rallying 12.00 WATTS
12.30 Close

Sky Sports Xtra

12.30 British Rally Championship
1.30 World Motor Sport 4.00
Sports Adventure 4.30 Aerobics
Oz Style 5.00 Pool 6.00 Aerobics
Oz Style 6.30 Motor Racing 7.00
Yachting 8.00 Masters Tennis
10.00 Sports Unlimited 11.00
Sports Adventure 11.30 High
Five 12.00 Masters Tennis 2.00
Close

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BBC1

6.00 Breakfast. (T) 9.15 Missing Live. (T) 10.00 Homes Under the Hammer; (R) (T) BBC News; Weather. (T) 11.00 To Buy or Not to Buy. (T) 11.45 Cash in the Attic; (T) BBC News; Weather. (T) 12.15 Bargain Hunt. (R) (T) 1.00 BBC News; Weather. (T) 1.30 Regional News; Weather. (T) 1.45 Doctors. (T) 2.15 Diagnosis Murder. (R) (T) 3.00 BBC News; Weather; Regional News. (T) 3.05 CBeebies: Space Pirates. (T) 3.35 CBBC: Chuckle/Vision. (R) (T) 3.50 Eliot Kid. (T) 4.00 Thumb Wrestling Federation: TWF; (R) (T) Thumb Wrestling Federation: TWF. (R) (T) 4.10 Young Dracula. (R) (T) 4.35 Blue Peter. (T) 5.00 Newsround. (T)

5.15 Weakest Link. Anne Robinson piles on the pressure. (T)
6.00 BBC News; Weather. (T)
6.30 Regional News Programmes; Weather. (T)
7.00 The ONE Show. (T)
7.30 Street Doctor. The GPs travel to the north of Scotland, where Jonty delivers bad news to a 60-a-day smoker. Barbara and Ayan help an Army officer who faints on parade in the Scottish Highlands, and George heads to Loch Insh to solve a five-year medical mystery for a fisherman in need of a diagnosis; (T) BBC News; Regional News. (T)

8.00 Traffic Cops. PC Glenn Dennis rides his 190mph police motorcycle as he prevents bikers in the East Riding of Yorkshire getting carried away on open country roads and breaking the law. Jamie Theakston narrates. (T)
9.00 The Apprentice. The budding entrepreneurs are challenged to introduce new ice-cream flavours to be sold in bars, restaurants and cinemas in London. The task leads to conflict within the teams and revelations in the boardroom before Alan Sugar decides which candidate to dismiss. (T)

10.00 BBC News at Ten O'Clock. (T)
10.25 Regional News; Weather. (T)
10.35 The National Lottery Draws. Singer r'n'b singer Jamella performs and more fortunes are made as the results of the Thunderball, Dream Number and Lotto draws are revealed. (T)

10.40 Made in England. Regional documentary in which artists view different areas of England and attempt to capture the country's spirit. (T)
11.10 Aliyah - the Journey Home? Jenni Murray investigates why an increasing number of British Jews have emigrated to Israel over the past decade, sacrificing a comfortable life to live in a country often affected by religious and political tensions. The documentary also considers what this movement does to the community they leave behind. (T)
11.40 FILM: Working Girl (1988). Comedy, starring Melanie Griffith; (T) National Lottery Update and Weatherview. (T)

1.35 Sign Zone: Seaside Rescue. (R) (T) 2.05 Sign Zone: Meet the Immigrants. (R) (T) 2.35 Sign Zone: An Island Parish. (R) (T) 3.05 Sign Zone: To Buy or Not to Buy. (R) (T) 3.50 BBC News 24. (T)



BBC2

6.00 CBeebies: Tikkabilla. (R) (T) 6.30 Teletubbies; (R) (T) Tweenies Songtime. (R) (T) 7.00 CBBC: Arthur. (R) (T) 7.25 Newsround; (T) The Owl. (R) (T) 7.30 Hider in the House. (T) 8.30 CBeebies: Jackanory Junior. (R) (T) 8.45 Numberjacks. (R) (T) 9.00 Boogie Beebies. (R) (T) 9.20 Me Too! (R) (T) 9.40 Something Special. (R) (T) 9.55 Tweenies Safety Shorts. (R) (T) 10.00 In the Night Garden. (R) (T) 10.30 What the Ancients Did for Us. (R) (T) 11.30 The Daily Politics. (T) 1.00 Stand By Your Man. (T) 1.30 Working Lunch. (T) 2.00 Lifeline. (R) (T) 2.10 Snooker: The World Championship. Ronnie O'Sullivan v Liu Chuang. (T) 6.00 Eggheads. (T) 6.30 Great British Menu. (T) 7.00 Snooker: The World Championship. Hazel Irvine presents live coverage from the Crucible Theatre in Sheffield, where Ken Doherty's first-round match against Liang Wenbo is scheduled to reach a conclusion. (T) 8.00 Natural World. An heir to the largest hyena clan in East Africa. (T) 8.50 Watching the Wild: Otters. Searching for otters on the Isle of Skye. (T) 9.00 Dan Cruickshank's Adventures in Architecture. (T) 10.00 The Apprentice: You're Fired! Interview with the show's freshly rejected candidate. (T) 10.30 Newsnight; Weather. (T) 11.20 Desi DNA. (T) 11.50 Snooker: The World Championship. (T) 12.40 Snooker Extra. (T) 2.30 BBC News 24. (T) 2.50 Close. 4.00 BBC Learning Zone. (T)

Pick of the Day

Rock Rivals (ITV1 Granada, 9pm) This drama series has been inspired by the success of The X Factor, so it's only fitting that it should take a leaf out of the reality show's book and let the public choose the ending. Last week, viewers were given the chance to decide whether Luke or Bethany would win the show within a show - and in this episode, the last in the series, we discover the result. Mal believes he has the upper hand as he prepares for the live final, but his gloating causes Jinx to come to her senses, and she finally realises he was only ever using her to make his estranged wife jealous. The smile is soon wiped from Mal's face when his protégé doesn't appear - he's being held hostage by the increasingly deranged Felix, who feels there isn't room in his life for two Lukes. With the opposition temporarily out of the picture, it looks like Bethany could be declared the victor, but knowing she's technically ineligible for the competition makes the warbler even more determined to win fair and square and she refuses to be crowned champion by default. Luckily, Luke manages to escape his captor and make it back to the show, where the results are finally announced. However, the losing Faith isn't going to go without a fight, and the pair end up scuffling over the all-or-nothing-contract in the lighting rig, leaving the future of Rock Rivals literally hanging in the balance. Sean Gallagher and Michelle Collins star.

C4

6.10 The Hoobs. (R) (T) 6.35 The Hoobs. (R) (T) 7.00 Freshly Squeezed. 7.30 Everybody Loves Raymond. (R) (T) 8.00 Just Shoot Me. (R) (T) 8.30 Frasier. (R) (T) 9.00 Frasier. (R) (T) 9.30 Will & Grace. (R) (T) 10.00 The OC. (R) (T) 10.55 Smallville. (R) (T) 11.50 Proud Parents. (R) (T) 12.00 News at Noon. (T) 12.30 Claridges: Checking into History. (R) (T) 12.50 FILM: They Rode West (1954). Western, starring Robert Francis. (T) 2.20 A Place in the Sun: Home or Away. (R) (T) 3.25 Countdown. (T) 4.15 Deal or No Deal. (T) 5.00 The Paul O'Grady Show. (T) 6.00 The Simpsons. (R) (T) 6.30 Hollyoaks. (T) 7.00 Channel 4 News. (T) 7.55 3 Minute Wonder: CCTV Nation. A look at the use of CCTV in the UK, from a camera controller in Hackney to a family who have set up their own equipment to catch a thief. (T) 8.00 Property Ladder. A man looking to make a £77,000 profit in four months. (T) 9.00 Child Genius. Part two of two. Revisiting 13-year-old prodigies. (T) 10.00 Desperate Housewives. Edie discovers Gabrielle and Carlos' affair. (T) 11.05 Heather Mills: What Really Happened. (R) (T) 12.05 4Music: What About Me? (T) 12.40 4Music: The Green Room. (R) (T) 1.05 Bremner, Bird and Fortune. (R) (T) 2.05 Stargate SG-1. (R) (T) 2.50 Stargate SG-1. (R) (T) 3.35 Shin Gi Tai. (R) (T) 3.45 Unreported World. (R) (T) 4.10 3 Minute Wonder: Zimbabwe-on-Thames. (R) (T) 4.15 3 Minute Wonder: Zimbabwe-on-Thames. (R) (T) 4.20 St Elsewhere. (R) 5.10 Countdown. (R) (T)

FIVE

6.00 Milkshake! Oswald. (R) (T) 6.10 Hana's Helpline. (R) (T) 6.25 Thomas & Friends. (R) (T) 6.35 The Funky Valley Show. (T) 6.50 Mio Mao. (R) (T) 6.55 Fireman Sam. (R) (T) 7.05 Roary the Racing Car. (R) (T) 7.20 Rupert Bear. (R) (T) 7.30 The Mr Men Show. (T) 7.50 Make Way for Noddy. (R) (T) 8.05 Fifi and the Flowerbuds. (R) (T) 8.20 Peppa Pig. (R) (T) 8.25 Thomas & Friends. (R) (T) 8.35 Pootyoo. (R) (T) 8.45 Ebb and Flo. (R) (T) 8.50 Bird Bath. (R) (T) 9.00 The Wright Stuff. (T) 10.30 Trisha Goddard. (T) 11.30 Put Your Money Where Your House Is. (T) 12.00 House Doctor. (R) (T) 12.30 five news. (T) 12.45 Law & Order: Criminal Intent. (R) (T) 1.45 Neighbours. (T) 2.15 Home and Away. (T) 2.50 Rough Guide to Weekend Breaks. (R) (T) 3.05 five news update. (T) 3.10 FILM: The Bookfair Murders (2000). Murder mystery, starring Samantha Bond. (T) 5.00 five news. (T) 5.30 Neighbours. (R) (T) 6.00 Home and Away. (R) (T) 6.30 Monkey Life. (R) (T) 7.00 five news. (T) 7.30 It Pays to Watch. Investigating cashback websites; (T) 7.30 five news update. (T) 8.00 Megastructures. The Millau viaduct in France; (R) (T) 8.00 five news at 9. 9.00 James Bond: The True Story. The real-life story behind the hero. (T) 10.00 FILM: Universal Soldier (1992). Dolph Lundgren and Jean-Claude Van Damme star as computer-controlled warriors who malfunction and engage in a fight to the death. Sci-fi thriller, with Ally Walker. (T) 12.00 Poker. 1.30 Major League Baseball. 4.20 World Supercross Championship. 5.10 House Doctor. (R) (T) 5.35 Neighbours. (R) (T)

ITV1

5.30 ITV Morning News. (T) 6.00 GMTV. (T) 9.25 The Jeremy Kyle Show. (T) 10.30 This Morning. (T) 12.30 Loose Women. (T) 1.30 ITV Lunchtime News. (T) 2.00 60 Minute Makeover. (T) 3.00 Dickinson's Real Deal. (R) (T) 3.59 London Weather. (T) 4.00 Midsomer Murders. (R) (T)

5.00 Golden Balls. Jasper Carrott hosts the show in which four contestants enter a game of truth and bluff to find life-changing amounts of cash hidden inside a set of golden balls. (T)

6.00 London Tonight; Weather. (T)
6.25 Party Election Broadcast. By Christian Choice. (T)

6.30 ITV Evening News; Weather. (T)
7.00 Emmerdale. Eli is furious when Shane threatens him and teams up with Marlon to teach him a lesson, though his brother has reservations about just how far he will go to gain revenge. Chas is riled by Shadrach's delight at seeing pictures of a youthful Gennie, while Lexi is confused by her feelings for Carl. (T)

7.30 Coronation Street. Leanne offers Paul his insurance money but, still bitter about being duped, he gives her an ultimatum. Becky and Jason arrange another date and an upbeat Kirk returns from Cyprus. (T)
8.00 The Bill. DC Jacob Banks (Patrick Robinson) joins the Sun Hill watch in time to help a hung-over Mickey investigate the murder of a private detective and soon establishes himself as a member of the team. Meanwhile, Callum continues to single Emma out for harsh treatment among all his PCs and Sally catches the backlash of her resentment. Gordon Kennedy and Anna Calder-Marshall guest star. (T)

9.00 Rock Rivals. In the last episode, featuring an outcome decided by viewers in an online vote, Jinx realises Mal has been using her to make Karina jealous, and a desperate Felix takes Luke hostage, meaning the live final has to be delayed. Carson and Caleb blackmail Vernon into giving them a record contract, while Lynette takes drastic action to prevent Bethany telling the world she is ineligible to compete. (T)

10.00 News at Ten and Weather; Weather. (T)
10.35 Dexter. Doakes is questioned over an incident in which a suspect was shot, while Dexter is surprised to learn his biological father has died and left him everything. Michael C Hall stars. (T)

11.35 Soundtrack to My Life. The members of pop group Right Said Fred, best known for 1991 hit I'm Too Sexy, join Cat Deeley to discuss their chart career, musical influences and plans for the future.

12.05 Nightwatch with Steve Scott: Emergency. (R) (T) 12.55 Quinny ME; (R) (T) ITV News Headlines. 1.50 Loose Women. (R) 2.40 The Jeremy Kyle Show. (R) (T) 3.35 ITV Nightscreen.

LOCAL

RTP1
0630 Bom dia Portugal 1000
Praça da Alegria 1300 News
1410 Prova de Amor 1515
Portugal no Coração 2000
News 0100 Infernal Affairs III,
film 0400 Telesales 0605
Nôis

RTP2
0700 euronews 0715 Zig Zag
1300 Discovery Hour 1400
Sociedade Civil 1530 Da
Terra ao Mar 1615 National
Geographic 1700 Zig Zag
1830 A Fé dos Homens 1900
Biosfera 1945 Zig Zag 2045
Friends 2115 National
Geographic 2200 News 2240
The Nine 2330 Clube de
Imprensa 0030 Noites 0145
Discovery Hour 0245
Bastidores 03115 Biosfera
0400 Sociedade Civil 0500
Euronews

SIC
0700 Floribella 0830 Sic Kids
1100 Fatima 1300 News 1415
Desejo Proibido 1500 Eterna
Magia 1530 Contacto 1800
Sete Pecados 1900 A Ganhar
é que A Gente se Entende
2000 News 2215 Duas Caras
2330 Solu Burn, film 0030
CSI Miami 0130 Rescue Me
0230 Quando O telefone
Toca

TVI
0700 Diário Da Manhã 1000
Vozê na TV 1300 News 1400
As Tardes da Júlia 1700 Que
Quer Ganha 1800 Morangos
com Açúcar - Férias de
Verão 2000 News 2115 Ilha
dos Amores 2215 Doce
Fugitiva 2315 Tu e Eu 0015
Instinct, film 0230 Toca a
Ganhar 0345 TVI Negócios
0400 O Portector IV 0500
Telesales

Best of the Rest

BBC3
7.00 Holby City 8.00 Glamour
Girls 8.30 The Real Hustle 9.00
Amy: My Body for Bucks 10.00
Film: Daredevil 15 (2003) 11.35
Family Guy 11.55 Family Guy
12.20 The Wall 1.15 Bizarre ER
1.35 Glamour Girls 2.05 Amy:
My Body for Bucks 3.00 The
Real Hustle 3.30 The Wall 4.15
Dog Borstal 4.45 Close

BBC4
7.00 World News Today 7.00
Weather 7.30 Pop Go the Sixties
7.35 Batman 8.00 A History of
Britain 9.00 Heist 10.10 Film:
Les Visiteurs 15 (1993) 11.55
The Last Duel 12.55 Heist 2.05
How to Build a Cathedral 3.05
The Last Duel 4.05 Close

ITV2
1.00 Airline USA 1.30 The
Jeremy Kyle Show 2.35 The
Jeremy Kyle Show 3.45 Ricki
Lake 4.30 Sally Jessy Raphael
5.20 The Montel Williams Show
6.05 Judge Judy 7.00 Smallville
8.00 Gossip Girl 9.00 Film: The
Chronicles of Riddick 15 (2004)
11.15 Coronation Street 11.45
Film: Hot Shots! Part Deux PG
(1993) 1.30 Film: Coming to
America 15 (1988) 3.20
Teleshopping 5.50 ITV2
Nightscreen

Sky One
1.00 Cold Case 2.00 Angel 3.00
Stargate SG-1 4.00 Stargate
SG-1 5.00 Futurama 5.30
Futurama 6.00 Futurama 6.30
Malcolm in the Middle 7.00 The
Simpsons 7.30 The Simpsons
8.00 The Simpsons 8.30 The

Simpsons 9.00 Film: Last Action
Hero PG (1993) 11.30 Cold Case
12.30 Stargate Atlantis 1.35
Road Wars 2.20 Road Wars 3.15
Angel 4.05 Deadwood 5.00 Bite
Size Brainiac 5.10 Guilty!

UKTV Gold
1.00 Last of the Summer Wine
1.40 Keeping Up Appearances
2.20 The Two Ronnies 3.00 Open
All Hours 3.40 My Family 4.20
Keeping Up Appearances 5.00
Last of the Summer Wine 5.40
Open All Hours 6.20 My Family
7.00 Porridge 7.40 Only Fools
and Horses 8.20 The Black Adder
9.00 Jonathan Creek 10.00 Only
Fools and Horses 11.20 Only
Fools and Horses 12.00 The
Black Adder 12.40 Absolutely
Fabulous 1.20 The Thin Blue
Line 2.00 Baywatch 2.45
Baywatch 3.30 Close Up 3.40
The Bill 4.35 2point4 Children
5.05 As Time Goes By 5.35
Neighbours

TCM
1.00 Mildred Pierce PG (1945)
3.00 Sunday in New York U
(1963) 4.55 The Power PG (1968)
7.10 Skyjacked PG (1972) 9.00
Pale Rider 15 (1985) 11.05 Alex
in Wonderland 15 (1970) 1.10
The Strawberry Statement 15
(1970) 3.05 The Hard Way U
(1942) 5.00 Bataan PG (1943)
The Disney Channel
Kids' programmes from 7am,

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MOVIES

Sky Movies Drama

6.45 Here Comes the Son PG
(1996) 8.30 Colombo Goes to the
Guillotine PG (1989) 10.15 The
Robber Bride 15 (2007) 11.55
The Oxford Murders Close Up
12.25 Robin Hood PG (1990)
With Patrick Bergin. 2.25
Something New PG (2006) With
Sanaa Lathan. 4.15 Angel
Rodriguez 15 (2005) With Jonan
Everett. 5.55 Flashbacks of a
Fool Special 6.15 Colombo: Death
Hits the Jackpot PG (1991) With
Peter Falk. 8.00 Presumed
Innocent 18 (1990) With Harrison
Ford. 10.10 Lord of War 15 (2005)
With Nicolas Cage. 12.15
Manhattan 15 (1979) With Woody
Allen. 1.55 This Year's Love 18
(1999) With Kathy Burke. 3.45
The Players Club 18 (1998) 5.30
Here Comes the Son PG (1996)

Sky Movies Comedy

6.05 Carolina PG (2003) 7.50
Comedy Close Up 8.20 Racing
Ace PG (2005) 10.00 Mouse
Hunt PG (1997) 11.40 Carolina
PG (2003) With Julia Stiles. 1.25
Wallace and Gromit in The Curse
of the Were-Rabbit U (2005) With
Peter Sallis. 2.55 Music and
Lyrics PG (2007) With Hugh
Grant. 4.50 Wallace and Gromit

in The Curse of the Were-Rabbit
U (2005) With Peter Sallis. 6.20
Mouse Hunt PG (1997) With
Nathan Lane. 8.00 Music and
Lyrics PG (2007) With Hugh
Grant. 9.45 White Men Can't
Jump 15 (1992) With Woody
Harelson. 11.45 I'm Gonna Git
You Sucka 15 (1988) With
Keenen Ivory Wayans. 1.20
Addicted to Love 15 (1997) With
Meg Ryan. 3.05 Bull Durham 15
(1988) 4.55 Racing Ace PG
(2005)

Sky Movies Action

6.10 Switchback 15 (1997) 8.10
Dying on the Edge 15 (1999)
9.50 The Oxford Murders Close
Up 10.10 The Presidio 15 (1988)
11.50 Rites of Passage 15 (1998)
With Dean Stockwell. 1.30 Alone
with a Stranger 15 (1999) With
William R Moses. 3.05
Switchback 15 (1997) With
Dennis Quaid. 5.05 The Presidio
15 (1988) With Sean Connery.
6.45 V for Vendetta 15 (2005)
With Natalie Portman. 9.00
Diplomatic Siege 15 (1999) With
Tom Berenger. 10.45 Smokin'
K 18 (2006) With Jeremy
Piven. 12.40 Body of Evidence
18 (1992) With Madonna. 2.25
Silent Rage 18 (1982) With Chuck
Norris. 4.15 Volcano: Fire on the
Mountain PG (1997)

(R)-repeat programme;
(T)-programme with teletext subtitles;
(S)-programme broadcast in stereo;
(bw)-black and white.

SPORT

Sky Sports 1

6.00 Good Morning Sports Fans
9.00 Revista De La Liga 10.00
UEFA Champions League 10.30
UEFA Champions League 11.00
UEFA Champions League 11.30
UEFA Champions League 12.00
Revista De La Liga 1.00 UEFA
Champions League 1.30 UEFA
Champions League 2.00 UEFA
Champions League 2.30 Revista
De La Liga 4.00 UEFA Champions
League 4.30 UEFA Champions
League 5.00 UEFA Champions
League 5.30 UEFA Champions
League 6.00 Boots 'n' All 7.00
Transworld Sport 8.00 European
Tour Weekly 8.30 Total Rugby
9.00 Boots 'n' All 10.00 Transworld
Sport 11.00 Boots 'n' All 12.00
FIFA Futbol Mundial 12.30 Total
Rugby 1.00 Poker 3.00 Sports
Unlimited 4.00 FIFA Futbol
Mundial 4.30 You're on Sky
Sports!

Sky Sports 2

6.00 Aerobics Oz Style 6.30
Sports Adventure 7.00 WWE:
Heat 8.00 Sports Unlimited 9.00
Live Masters Tennis. The Monte
Carlo Masters. 5.00 High Five
5.30 High Five 6.00 European
Tour Weekly 6.30 FIFA Futbol
Mundial 7.00 Live UEFA
Champions League. Barcelona v
Manchester United (Kick-off
7.45pm). 10.15 You're on Sky
Sports! 11.45 Poker 12.45
European Tour Weekly 1.15 Max
Power 2.15 Close

Sky Sports 3

9.30 Motor Racing 10.00 Ladies

Sky Sports 1

European Tour Golf 11.00
Aerobics Oz Style 11.30 Racing
News 12.00 Sports Unlimited 1.00
NFL: Total Access 2.00 Ladies
European Tour Golf 3.00 Sports
Unlimited 4.00 Pool 5.00 WWE:
Bottom Line 6.00 WWE: Afterburn
7.00 Watersports World 8.00 Ten
Pin Bowling 9.00 Poker 10.00
Watersports World 11.00 NFL:
Total Access 12.00 Watersports
World 1.00 Transworld Sport 2.00
Close

British Eurosport

7.30 Rallying 7.45 Yoz Magazine
8.15 WATTS 8.30 Cycling 9.00
Snooker 10.00 Live Snooker.
The World Championship. 1.00
Live Cycling. Coverage of the
Fleche Wallonne. 3.30 Live
Snooker. The World
Championship. 5.00 Eurogals
5.15 Wednesday Selection 5.25
Riders Club 5.30 US Tour Golf
6.30 European Tour Golf 7.00
Club Golf 7.05 Sailing 7.35 Yacht
Club 7.40 Wednesday Selection
7.45 Live Snooker. The World
Championship. 10.00 Cycling
11.00 Rallying 11.15 UEFA Cup
Football 12.30 Close

Sky Sports Xtra

1.30 Motor Racing 2.00 Poker
4.00 Sports Adventure 4.30
Aerobics Oz Style 5.00 NFL:
Total Access 6.00 Irish
Greyhound Racing 6.30 Total
Rugby 7.00 Max Power 8.00
Masters Tennis 10.00 Ten Pin
Bowling 11.00 Sports Adventure
11.30 European Tour Weekly
12.00 Masters Tennis 2.00 Sports
Adventure 2.30 Irish Greyhound
Racing 3.00 Close

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BBC1

6.00 Breakfast. (T) 9.15 Missing Live. (T) 10.00 Homes Under the Hammer; (R) (T) BBC News; Weather. (T) 11.00 To Buy or Not to Buy. (T) 11.45 Cash in the Attic; (T) BBC News; Weather. (T) 12.15 Bargain Hunt. (R) (T) 1.00 BBC News; Weather. (T) 1.30 Regional News; Weather. (T) 1.45 Doctors. (T) 2.15 Diagnosis Murder. (R) (T) 3.00 BBC News; Weather; Regional News. (T) 3.05 CBeebies: Space Pirates. (T) 3.35 CBBC: ChuckleVision. (R) (T) 3.50 Elliot Kid. (T) 4.00 Thumb Wrestling Federation: TWF. (R) (T) 4.05 Stake Out. (R) (T) 4.35 Beat the Boss. (T) 5.00 Newsround. (T)

5.15 Weakest Link. Members of the public answer general knowledge questions against the clock, hoping to build a stack of cash and avoid being voted off. Anne Robinson presents. (T)

6.00 BBC News; Weather. (T)
6.30 Regional News Programmes; Weather. (T)
7.00 The ONE Show. (T)

7.30 EastEnders. A last-minute guest disrupts Minty's wedding. Ronnie is distraught to discover Roxo in a drunken state at Gus's flat and Shirley finally gets to know her biopsy results. Sean takes out his anger on Gus when he makes the mistake of standing up to him; (T) BBC News; Regional News. (T)
8.00 HollyBlue. Keenan visits his estranged father in prison, hoping to finally exorcise the demons that have plagued him throughout his life, but family revelations threaten to change his marriage for ever. Luke is compelled to use unconventional tactics in the ongoing Burrows case and Neil reveals the identity of his secret love. Cal Macaninch and Zoe Lucker star. (T)

9.00 Crimewatch. The search for a dangerous sex attacker who targeted two women in Surrey, and the murder of a family man during a night out in Liverpool. Kirsty Young, Rav Wilding and Matthew Amroliwala present. (T)

10.00 BBC News at Ten O'Clock. (T)
10.25 Regional News; Weather. (T)
10.35 Crimewatch Update. An update on viewers' responses to the programme shown earlier. (T)

10.45 Question Time. (T)
11.45 This Week; (T) Weatherview. (T)
12.35 Sign Zone: Panorama. (R) (T) 1.05 Sign Zone: Johnny's New Kingdom. (R) (T) 1.35 Sign Zone: The Tweenies in Colour: The Wonderful World of Albert Kahn. (R) (T) 2.05 Sign Zone: Bill Oddie's Wild Side. (R) (T) 2.35 Sign Zone: To Buy or Not to Buy. (R) (T) 3.20 BBC News 24. (T)



BBC2

6.00 CBeebies: Tikkabilla. (T) 6.30 Teletubbies; (R) (T) Tweenies Songtime. (R) (T) 7.00 CBBC: Arthur. (R) (T) 7.25 Newsround; (T) The Owl. (R) (T) 7.30 Hider in the House. (T) 8.30 CBeebies: Jackanory Junior. (R) (T) 8.45 Numberjacks. (R) (T) 9.00 Boogie Beebies. (R) (T) 9.20 Me Too! (R) (T) 9.40 Something Special. (R) (T) 9.55 Tweenies Safety Shorts. (R) (T) 10.00 In the Night Garden. (R) (T) 10.30 Schools: BBC Primary History. (T) 10.50 Megamaths. (T) 11.10 Primary Geography. (T) 11.30 KS1 Science Clips. (T) 11.40 KS1 Science Clips. (T) 11.50 Hands Up! (T) 12.00 The Daily Politics. (T) 12.30 Working Lunch. (T) 1.00 Open Gardens. (R) (T) 1.30 Snooker: The World Championship. Ronnie O'Sullivan v Liu Chuang. (T) 6.00 Eggheads. (T) 6.30 Great British Menu. (T) 7.00 Snooker: The World Championship. Live coverage from Sheffield, where the first-round tie between Stephen Maguire and Anthony Hamilton reaches a conclusion and another second-round match gets under way. (T) 8.00 Top Gear: Best of British. A look at the best British vehicles and drivers. (R) (T) 9.00 Heroes. New series. Events four months after Peter and Sylar's show-down. (T) 9.50 Heroes Unmasked. New series. Behind the scenes of the show. (T) 10.00 The Graham Norton Show. With Martin Sheen, Will.i.am and Cheryl Cole. (T) 10.30 Newsnight; Weather. (T) 11.20 Ideal. (T) 11.50 Snooker: The World Championship. (T) 12.40 Snooker Extra. (T) 2.30 BBC News 24. (T) 3.20 Close. 4.00 BBC Learning Zone. (T)

Pick of the Day

Heroes (BBC2, 9pm) They saved the cheerleader and therefore saved the world, so what's next for Claire, Peter and the rest of the gang? Here's a chance to find out as the hugely successful fantasy saga returns for a second run. In case you missed series one, or just need a recap, here's the story so far: bad guy Sylar and his polar opposite nemesis Peter had a showdown in New York City. To his astonishment, lovable Japanese businessman Hiro managed to teleport to ancient Japan, where he faced an army of samurais. Season two kicks off at that point, and the bespectacled time traveller gets more than he bargained for when he meets his idol, Takezo Kensei. For the rest of the characters, it's four months after the explosive events in the Big Apple's Kirby Plaza, and while the assorted protagonists are forced to find a new direction, the company seeks to control the new stage in evolution. Peter, his brother Nathan and psychic crimebuster Matt attempt to move on, but they find their lives in peril when an evil new force starts slaying the heroes. Although invincible cheerleader Claire and her adoptive dad (nicknamed Horn-Rimmed Glasses) keep themselves to themselves, their attempts to live as inconspicuously as possible prove easier said than done. We are also introduced to Maya, a woman whose tears are a deadly disease, and the only known cure is provided by her twin brother, Alejandro.

C4

5.55 Inuk. (R) (T) 6.10 The Hoobs. (R) (T) 6.35 The Hoobs. (R) (T) 7.00 Freshly Squeezed. 7.30 Everybody Loves Raymond. (R) (T) 8.00 Just Shoot Me. (R) (T) 8.30 Frasier. (R) (T) 9.00 Frasier. (R) (T) 9.30 Will & Grace. (R) (T) 9.55 The OC. (R) (T) 10.50 Smallville. (R) (T) 11.45 Proud Parents. (R) (T) 12.00 News at Noon. (T) 12.30 Proud Parents. (R) (T) 12.45 FILM: The Train Robbers (1973). Western, starring John Wayne. (T) 2.20 A Place in the Sun: Home or Away. (R) (T) 3.25 Countdown. (T) 4.15 Deal or No Deal. (T) 5.00 The Paul O'Grady Show. (T) 6.00 The Simpsons. (R) (T) 6.30 Hollyoaks. (T) 7.00 Channel 4 News. (T) 7.55 3 Minute Wonder: CCTV Nation. The use of CCTV in the UK. Last in series. (T) 8.00 Come Dine with Me. Four amateur chefs in Coventry try to outdo each other with the perfect dinner party, but food on the floor, sleeping at the table and upset stomachs are unfortunately on the menu. (T) 9.00 Strictly Baby Fight Club. The growing sport of child Thai boxing. (T) 10.00 My Name Is Earl. The hapless crook takes a prison class. (T) 10.30 The Big Bang Theory. (T) 11.00 The Human Spider. (R) (T) 12.00 4Music: 4Music Presents: The Kooks. (R) (T) 12.35 4Music: 4Play: Gogol Bordello. (T) 12.50 4Music: Portishead in Portishead. (T) 1.35 The Law of the Playground. (R) (T) 2.00 School Disco. (R) (T) 2.10 King of the Hill. (T) 2.35 King of the Hill. (T) 3.00 How to Cope with Rejection. (R) (T) 3.05 Phone Rage. (R) (T) 4.05 Reasons to Be Cheerful. (R) (T) 4.20 St Elsewhere. (R) 5.10 Countdown. (R) (T)

FIVE

6.00 Milkshake!: Oswald. (R) (T) 6.10 Hana's Helpline. (R) (T) 6.25 Thomas & Friends. (R) (T) 6.35 The Funky Valley Show. (T) 6.55 Fireman Sam. (R) (T) 7.05 Roary the Racing Car. (R) (T) 7.20 Rupert Bear. (R) (T) 7.30 The Mr Men Show. (T) 7.50 Make Way for Noddy. (R) (T) 8.05 Fifi and the Flowerbuds. (R) (T) 8.20 Peppa Pig. (R) (T) 8.25 Thomas & Friends. (R) (T) 8.35 Pocoyo. (R) (T) 8.45 Ebb and Flo. (R) (T) 8.50 Bird Bath. (R) (T) 9.00 The Wright Stuff. (T) 10.30 Trisha Goddard. (T) 11.30 Put Your Money Where Your House Is. (T) 12.00 House Doctor. (R) (T) 12.30 five news. (T) 12.45 Law & Order: Criminal Intent. (R) (T) 1.45 Neighbours. (T) 2.15 Home and Away. (T) 2.50 Animal Rescue Squad. (R) (T) 3.05 five news update. (T) 3.10 FILM: Murder 101 (2006). Murder mystery, starring Dick Van Dyke. (T) 5.00 five news. (T) 5.30 Neighbours. (R) (T) 6.00 Home and Away. (R) (T) 6.30 Monkey Life. (R) (T) 7.00 five news. (T) 7.30 Rough Guide to Mountains. New Zealand and Switzerland; (T) 7.30 five news update. (T) 8.00 I Own Britain's Best Home. Three more properties vie for the coveted title; (T) 8.00 five news at 9. 9.00 House. The medic treats a CIA employee in a secret location. (T) 10.00 Grey's Anatomy. Cristina's efforts to protect Burke have consequences for Bailey. Derek's sister pays him a visit and Alex considers his future in medicine. Drama, guest starring Embeth Davidtz. (T) 11.00 A Girl's Guide to 21st Century Sex. (R) (T) 11.45 Quiz Call. 4.00 Football Argentina. 4.20 Major League Soccer. 4.45 Dutch Football. 5.10 House Doctor. (R) (T) 5.35 Neighbours. (R) (T)

ITV1

5.30 ITV Morning News. (T) 6.00 GMTV. (T) 9.25 The Jeremy Kyle Show. (T) 10.30 This Morning. (T) 12.30 Loose Women. (T) 1.30 ITV Lunchtime News. (T) 2.00 60 Minute Makeover. (T) 3.00 Dickinson's Real Deal. (R) (T) 3.59 London Weather. (T) 4.00 Midsomer Murders. (R) (T)

5.00 Golden Balls. Game show, hosted by Jasper Carrott. (T)

6.00 London Tonight; Weather. (T)
6.30 ITV Evening News; Weather. (T)
7.00 Emmerdale. A nervous Ross agrees to lure Shane into a trap set by Eli and Marlon. Lexi seeks to impress Carl by drumming up more business, while Val tells Diane the Woolpack needs a new look. (T)

7.30 Disappearing London. Madness singer Suggs journeys through the vanishing history of the capital, beginning with a visit to Churchill's secret wartime bunker. (R) (T)

8.00 The Bill. Sally works undercover in a City trading house to investigate the disappearance of 21-year-old Geraldine Lawson. She arranges to go drinking with three of Geraldine's colleagues - all suspects who were with her on the night she went missing. Emma joins the operation as a 'friend' for the night out and proves she'll stop at nothing to get the truth out of her chosen target and put Callum in his place. (T)

9.00 Britain's Rich List: Giving It Away. Duncan Bannatyne presents a preview of this year's Rich List and seeks to discover the philanthropic motives of the super-rich. He interviews some of Britain's wealthiest individuals, including Alan Sugar, Andrew Lloyd Webber and Lewis Hamilton, to see how they have fared, and also the City's richest man whose company annually raises millions of pounds for charity. (T)

10.00 News at Ten and Weather; Weather. (T)
10.35 The Baron. New series. Three celebrities are uprooted from their comfort zones and attempt to win over the local populace in the election of the Baron of a remote Highland community. Mucking in to village life are pop singer Suzanne Shaw, punk supremo Malcolm McLaren, and former EastEnders Mike Reid - in his last TV appearance before his death in 2007. (T)

11.35 UEFA Cup Football. Craig Doyle introduces highlights of this evening's semi-final first-leg ties, featuring Rangers against Fiorentina at Ibrox and the clash between Bayern Munich and Zenit St Petersburg at the Allianz Arena, as the teams continue their bids for places in the final at the City of Manchester Stadium. (T)

12.35 Nightwatch with Steve Scott: Crime; (R) (T) ITV News Headlines. 2.20 Loose Women. (R) 3.10 The Jeremy Kyle Show. (R) (T) 4.00 ITV Nightscreen.

LOCAL

RTP1
0630 Bom Dia Portugal
1000 Praça da Alegria 1300
News 1410 Prova de Amor
1515 Portugal no Coração
1800 Portugal em Directo
2130 News Capitães de Abril, film 0415 Telealeas
0605 Nôs
RTP2
0700 Euronews 0715 Zig Zag 1300 Discovery Hour 1400 Sociedade Civil 1530 Da Terra Ao Mar 1600 Natioal Geographic 1715 Zig Zag 1830 A Fé dos Homens 1900 Iniciativa 2115 National Geographic 2200 News 2240 Sobrenatural 2330 Balanço & Contas 0030 Noites 2 0115 Universidades 0145 Discovery Hour 0245 Iniciative 0400 Sociedade Civil 0530 Euronews
SIC
0700 Floribella 0830 Sic Kids 1100 Fatima 1300 News 1415 Eterna Magi 1445 O Profeta 1515 Contacto 1600 Film TBA 1800 Film TBA 2000 News 2215 Paraíso Tropical 2315 Vingança 0015 CSI New York 0115 CSI Las Vegas 0215 Film TBA
TVI
0700 Diário Da Manhã 1000 Você na TV 1300 News 1400 Tarde de Julia 1700 Quem Quer Ganha 1800 Morangos Com Açúcar 2115 Ilha dos Amores 2215 Doce Fugitiva 2330 Tu e Eu 0100 Escritório 0200 Cartaz das Artes 0230 Accidental Meeting, film 0445 Telealeas

Best of the Rest

BBC3
7.00 Spendaholics 8.00 Blood, Sweat and T-Shirts 9.00 Child Stars 10.00 EastEnders 10.30 Heroes 11.15 Family Guy 11.35 Family Guy 12.00 Pulling 12.30 Child Stars 1.25 Blood, Sweat and T-Shirts 2.25 The Real Hustle 2.55 Pulling 3.25 Sex - with Mum and Dad 4.25 Close

BBC4
7.00 World News Today 7.00 Weather 7.30 In Search of Medieval Britain 8.00 The Voices of Morebath 8.10 A History of British Art 9.00 Inside the Medieval Mind 10.00 Crusades 10.50 Mad Men 11.35 Chinese School 12.35 In Search of Medieval Britain 1.05 Inside the Medieval Mind 2.05 The Book Quiz 2.35 In Search of Medieval Britain 3.05 Inside the Medieval Mind 4.05 Close

ITV2
1.00 Airline USA 1.30 The Jeremy Kyle Show 2.35 The Jeremy Kyle Show 3.45 Ricki Lake 4.30 Sally Jessy Raphael 5.20 The Montel Williams Show 6.05 Judge Judy 7.00 Smallville 8.00 American Idol 9.00 Katie & Peter: The Next Chapter 10.00 Gossip Girl 11.00 Entourage 11.30 The Office: An American Workplace 11.55 Katie & Peter: The Next Chapter 12.55 Film: Coming to America 15 (1988) 3.00 Teleshopping

Sky One
1.00 Cold Case 2.00 Angel 3.00 Stargate SG-1 4.00 Stargate

SG-1 5.00 Futurama 5.30 Futurama 6.00 Futurama 6.30 Malcolm in the Middle 7.00 The Simpsons 7.30 The Simpsons 8.00 Project Runway 9.00 Bones 10.00 Cold Case 11.00 Road Wars 12.00 Stargate Atlantis 1.00 Road Wars 1.50 Road Wars 2.40 Angel 3.30 Deadwood 4.20 Dream Team 5.10 GUILTY!

UKTV Gold
1.00 Last of the Summer Wine 1.40 Keeping Up Appearances 2.20 The Two Ronnies 3.00 Open All Hours 3.40 My Family 4.20 Keeping Up Appearances 5.00 Last of the Summer Wine 5.40 Open All Hours 6.20 My Family 7.00 Porridge 7.40 Only Fools and Horses 8.20 The Black Adder 9.00 When Were We Funniest? 11.00 Only Fools and Horses 11.40 The Black Adder 12.20 Absolutely Fabulous 1.00 The Thin Blue Line 1.40 Baywatch 2.25 Baywatch 3.10 The Bill 4.00 Close Up 4.10 2point4 Children 4.40 As Time Goes By 5.10 Neighbours 5.35 Neighbours

TCM
1.00 Clarissa 3.00 The Swan U (1956) 4.55 At the Circus U (1939) 6.30 Live a Little, Love a Little PG (1968) 8.00 Gone with the Wind - The Making of the Musical 9.00 Gone with the Wind PG (1939) 12.50 Reckless 18 (1984) 2.30 Friendly Persuasion U (1956) 5.00 Riffraff PG (1936)

The Disney Channel
Kids' programmes from 7am

MOVIES

Sky Movies Drama

7.05 Starman PG (1984) 9.05 Martha: Behind Bars PG (2005) 10.35 Columbo: Strange Bedfellows PG (1995) 12.10 The Oxford Murders Close Up 12.30 Ice Bound PG (2003) With Susan Sarandon. 2.05 North Country 15 (2005) With Charlize Theron. 4.15 Prefontaine 15 (1997) With Jared Leto. 6.10 Volcano 12 (1997) With Tommy Lee Jones. 8.00 Hollywoodland 15 (2006) With Adrien Brody. 10.10 Disclosure 18 (1994) With Michael Douglas. 12.20 Mad City 15 (1997) With John Travolta. 2.15 Lackawanna Blues 12 (2005) With Marcus Franklin. 3.50 A Separate Peace 12 (2004) 5.25 Ice Bound PG (2003)

Sky Movies Comedy

6.35 Rookie of the Year PG (1993) 8.20 The Clinic PG (2004) 9.50 Just Like Heaven PG (2005) 11.25 Rookie of the Year PG (1993) With Thomas Ian Nicholas. 1.10 The Top 10 Show 1.30 Epic Movie 12 (2007) With Kal Penn. 3.10 Harold & Kumar Get the Munchies 15 (2005)

(R)-repeat programme;

(T)-programme with teletext subtitles;

(S)-programme broadcast in stereo;

(bw)-black and white.

Sky Movies Action/Thriller

6.00 Billy Bathgate 15 (1991) 7.50 Facing the Enemy PG (2001) 9.30 The Matador 15 (2005) 11.10 Striking Poses 15 (1997) With Shannyn Doherty. 12.50 Deja Vu 12 (2006) With Denzel Washington. 3.00 The Siege 15 (1998) With Denzel Washington. 5.00 Night Falls on Manhattan 15 (1997) With Andy Garcia. 7.10 Billy Bathgate 15 (1991) With Dustin Hoffman. 9.00 Deja Vu 12 (2006) With Denzel Washington. 11.10 The Siege 15 (1998) With Denzel Washington. 1.20 The Crow 18 (1994) With Brandon Lee. 3.15 Butter 18 (1997) 5.10 Young Ivanhoe PG (1995)

SPORT

Sky Sports 1

6.00 European Tour Weekly 6.30 Live European Tour Golf. The Asian Open. 10.30 FIFA Futbol Mundial 11.00 Boots 'n' All 12.00 Transworld Sport 1.00 FIFA Futbol Mundial 1.30 European Tour Golf 5.30 The Rugby Club 7.00 Premier League World 7.30 Live Premier League Darts. From the Odyssey Arena in Belfast. 11.00 Premier League World 11.30 The Rugby Club 1.00 Rugby League 3.00 Premier League World 3.30 The Rugby Club 5.00 Race World

Sky Sports 2

6.00 Good Morning Sports Fans 9.00 Live Masters Tennis. The Monte Carlo Masters. 5.00 ATP Tennis 5.30 Race World 6.30 World Hockey Monthly 7.00 Golf Night 9.00 Poker 10.00 Live Poker. Coverage of the online Five-o tournament. 12.00 Poker 1.00 Golf Night 3.00 Poker 5.00 Close

Sky Sports 3

6.00 Aerobics Oz Style 6.30 Sports Adventure 7.00 WWE: Experience 8.00 Watersports World 9.00 Irish Greyhound Racing 9.30 Total Rugby 10.00 Transworld Sport 11.00 Aerobics Oz Style 11.30 Racing News 12.00 Watersports World 1.00 NFL: Total Access 2.00 Sports Adventure 2.30 Irish Greyhound Racing 3.00 Boots 'n' All 4.00 Ten Pin Bowling 5.00 WWE: Heat 6.00 FIFA Futbol Mundial 6.30 FIA GT Championship 7.30 Live Rugby League. Salford City Reds

British Eurosport

7.30 Rallying 7.45 WATTS 8.00 UEFA Cup Football 9.15 UEFA Cup Football 10.30 Cycling 11.30 World Superbikes 12.30 World Rally Championship 1.00 Snooker 2.00 Live Snooker. The World Championship. 5.30 Eurogoals 5.45 World Rally Championship 6.15 Eurogoals 6.30 F1: The Factory 7.00 Live Snooker. The World Championship. 10.00 World Rally Championship 10.30 euroCRASH! 10.45 Rallying 11.00 UEFA Champions League 12.45 Close

Sky Sports Xtra

4.00 Sports Adventure 4.30 Aerobics Oz Style 5.00 NFL: Total Access. 6.00 Sports Adventure 6.30 Transworld Sport 7.30 The Rugby Club 9.00 Masters Tennis 11.00 NFL: Total Access 12.00 Race World 1.00 FIA GT Championship 2.00 Masters Tennis 4.00 Sports Adventure 4.30 World Hockey Monthly 5.00 Close

BBC1

6.00 Breakfast. (T) 9.15 Missing Live. (T) 10.00 Homes Under the Hammer; (T) BBC News; Weather. (T) 11.00 To Buy or Not to Buy. (R) (T) 11.45 Cash in the Attic; (T) BBC News; Weather. (T) 12.15 Bargain Hunt. (R) (T) 1.00 BBC News; Weather. (T) 1.30 Regional News; Weather. (T) 1.45 Doctors. (T) 2.15 Diagnosis Murder. (R) (T) 3.00 BBC News; Weather; Regional News. (T) 3.05 CBeebies: Space Pirates. (R) (T) 3.35 CBBC: ChuckleVision. (R) (T) 3.50 Elliot Kid. (R) (T) 4.00 Thumb Wrestling Federation: TWf; (R) (T) Thumb Wrestling Federation: TWf. (R) (T) 4.10 The Basil Brush Show. (R) (T) 4.35 The Slammer. (T) 5.00 Newsround. (T)

5.15 Weakest Link. Quiz, hosted by Anne Robinson. (R) (T)

6.00 BBC News; Weather. (T)

6.30 Regional News Programmes; Weather. (T)

6.55 Party Election Broadcast. By the Liberal Democrats. (T)

7.00 The ONE Show. (T)

7.30 Inside Out. Documentary series focusing on stories of interest to the region; (T) BBC News; Regional News. (T)

8.00 EastEnders. A frightened Gus awaits his fate at the hands of Sean, but Roxo gets the wrong idea when she interrupts the encounter. Ronnie's interference prompts her sister to take drastic steps to get back at her. The happy couple head off on honeymoon and Steven takes an anxious Stacey home to meet the family. (T)

8.30 A Question of Sport. Sue Barker hosts the quick-fire quiz, featuring world champion boxer David Haye, world indoor triple-jump gold-medallist Phillips Idowu, England rugby union player Danny Cipriani and world champion player Katherine Grainger. Matt Dawson and Phil Tufnell captain the teams. (T)

9.00 Have I Got News for You. Celebrity guests join in the fun on the satirical current affairs quiz, with regular team captains Ian Hishop and Paul Merton. (T)

9.30 My Family. While Ben's poker school is costing him a fortune, Susan visits fortune-teller Zelda Nobbs who predicts something far more deadly is on the cards. Guest starring Anna Chancellor. (T)

10.00 BBC News at Ten O'Clock. (T)

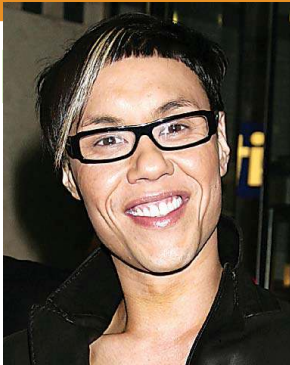
10.25 Regional News; Weather. (T)

10.35 Night Night with Jonathan Ross. The host is joined by Cameron Diaz and co-star Ashton Kutcher who discuss their new film What Happens in Vegas. Comedian-turned-actor Russell Brand and comedy legend Ronnie Corbett also drop in for a chat. The Courteeners perform in the studio. (T)

11.35 The National Lottery EuroMillions Draw. Sarah Cawood presents coverage of the National Lottery EuroMillions weekly draw. (T)

11.40 FILM: Malice (1993). Thriller, starring Alec Baldwin; (T) Weatherview. (T)

1.25 Sign Zone: Dan Cruickshank's Adventures in Architecture. (R) (T) 2.25 Sign Zone: Natural World. (R) (T) 3.15 BBC News 24.



BBC2

6.00 CBeebies: Tikkabilla. (R) (T) 6.30 Teletubbies; (R) (T) Tweenies Songtime. (R) (T) 7.00 CBBC: Arthur. (R) (T) 7.25 Newsround; (T) The Owl. (R) (T) 7.30 Hider in the House. (T) 8.30 CBeebies: Jackanory Junior. (R) (T) 8.45 Numberjacks. (R) (T) 9.00 Boogie Beebies. (R) (T) 9.20 Me Too! (R) (T) 9.40 Something Special. (R) (T) 9.55 Tweenies Safety Shorts. (R) (T) 10.00 In the Night Garden. (R) (T) 10.30 Schools: The Magic Key. (T) 10.45 The Way Things Work. (T) 11.00 The Way Things Work. (T) 11.15 Tales From Europe. (T) 11.30 Watch. (T) 11.45 Something Special. (T) 12.00 The Daily Politics. (R) (T) 12.30 Working Lunch. (T) 1.30 Snooker: The World Championship. The second round continues in Sheffield. (T) 6.00 Egg-heads. (T) 6.30 Great British Menu. (T) 7.00 Snooker: The World Championship. Hazel Irvine introduces further live coverage from the Crucible Theatre in Sheffield, where the opening second-round match is scheduled to reach a conclusion. (T) 8.00 Gardeners' World. Developing the planting in the cottage garden. (T) 9.00 Stephen Fry and the Gutenberg Press. The comedian investigates the printing press. (T) 10.00 Q. With Sean Lock, Rich Hall and Bill Bailey. (R) (T) 10.30 Newsnight. (T) 11.00 Newsnight Review; (T) Weather. (T) 11.35 Later with Jools Holland. (T) 12.35 Snooker: The World Championship. (T) 1.25 Snooker Extra. (T) 3.00 Star Trek: The Next Generation. (R) (T) 3.45 Star Trek: The Next Generation. (R) (T) 4.30 Close.

Pick of the Day

The Friday Night Project (C4, 10pm) There's no shortage of makeover shows on TV, so when How to Look Good Naked was launched, it seemed the only thing that would make it stand out from the crowd was the attention-grabbing title. However, that was before we were introduced to presenter Gok Wan. His knack for teaching self-conscious ladies to love their lumps and bumps - and if they must cover up, how to do it in style - made a refreshing change from being lectured on our shortcomings, and won him a devoted army of fans. He's also one of the few TV fashion gurus to have exhibited signs of a sense of humour, which should stand him in good stead for his role as guest host on the last episode of this series. Just in case he does get stuck though, Justin Lee Collins and Alan Carr will be on hand to help him. However, while they may be one of the most entertaining double acts on TV, neither of them are likely to be hailed fashion icons any time soon. Perhaps Gok can return the favour and give them both a makeover?

C4

5.55 Inuk. (R) (T) 6.10 The Hoobs. (R) (T) 6.35 The Hoobs. (R) (T) 7.00 Freshly Squeezed. 7.30 Everybody Loves Raymond. (R) (T) 8.00 Just Shoot Me. (R) (T) 8.30 Frasier. (R) (T) 9.00 Frasier. (R) (T) 9.30 Will & Grace. (R) (T) 10.00 The OC. (R) (T) 10.55 Smallville. (R) (T) 11.50 Science Scams. (R) (T) 12.00 News at Noon. (T) 12.30 A Place in the Sun. (R) (T) 1.00 Channel 4 Racing from Sandown Park. Including the 1.45 bet365 Gordon Richards Stakes (1m 2f). (T) 2.05 FILM: Comanche Station (1960). Western, starring Randolph Scott. (T) 3.25 Countdown. (T) 4.15 Deal or No Deal. (T) 5.00 The Paul O'Grady Show. (T) 6.00 The Simpsons. (R) (T) 6.30 Hollyoaks. (T) 7.00 Channel 4 News. (T) 7.35 Unreported World. A first-hand view on the impact of climate change. (R) (T) 8.00 A Place in the Sun: Home or Away. A grandmother decides between Wiltshire and Galicia. (T) 9.00 Dirty Sexy Money. Simon and Tripp play a high-stakes poker game. (T) 10.00 The Friday Night Project. Celebrity co-host Gok Wan is set a variety of tasks, beginning with an opening monologue, in the comedy entertainment show with Justin Lee Collins and Alan Carr. Last in series. (T) 11.05 Balls of Steel. (T) 11.55 The Big Bang Theory. (R) (T) 12.25 4Music: Dizzee Does South by Southwest. (T) 12.55 4Music: JD Set Presents the Kissaway Trail. (T) 1.10 4Music: 4Play: One Night Only. (T) 1.25 4Music: Rockfeedback. 1.50 Afterworld. (T) 2.15 Goalissimo. 3.10 Transworld Sport. (R) (T) 4.00 Grudge Match. (R) (T) 4.10 St Elsewhere. (R) 5.05 In Your Dreams. (R) (T) 5.15 Countdown. (R) (T)

FIVE

6.00 Milkshake! Oswald. (R) (T) 6.10 Hana's Helpline. (R) (T) 6.25 Thomas & Friends. (R) (T) 6.35 The Funky Valley Show. (T) 6.50 Mio Mao. (R) (T) 6.55 Fireman Sam. (R) (T) 7.05 Roary the Racing Car. (R) (T) 7.20 Rupert Bear. (R) (T) 7.30 The Mr Men Show. (T) 7.50 Make Way for Noddy. (R) (T) 8.05 Fifi and the Flowertots. (R) (T) 8.20 Peppa Pig. (R) (T) 8.25 Thomas & Friends. (R) (T) 8.35 Pootyoo. (R) (T) 8.45 Ebb and Flo. (R) (T) 8.50 Bird Bath. (R) (T) 9.00 The Wright Stuff. (T) 10.30 Trisha Goddard. (T) 11.30 Put Your Money Where Your House Is. (T) 12.00 House Doctor. (R) (T) 12.30 five news. (T) 12.45 Law & Order: Criminal Intent. (R) (T) 1.45 Neighbours. (T) 2.15 Home and Away. (T) 2.50 Animal Rescue Squad. (R) (T) 3.15 FILM: Jane Doe: Til Death Do Us Part (2005). Thriller, starring Lea Thompson. (T) 5.00 five news. (T) 5.30 Neighbours. (R) (T) 6.00 Home and Away. (R) (T) 6.30 Monkey Life. (R) (T) 7.00 five news. (T) 7.30 Animal Rescue Squad. Helping to return a black bear to the wild in California; (T) 7.30 five news update. (T) 8.00 The Man Who Lives with Bears. A retired schoolteacher who communes with grizzlies; (R) (T) 8.00 five news at 9. 9.00 NCIS. An arms dealer is linked to the murder of an informant. (T) 10.00 Shark. Raina is put in an awkward position when Sebastian prevents the team telling Isaac they have re-opened his ex- fiancée's murder case, with a movie star emerging as the main suspect. (T) 11.00 Law & Order: Special Victims Unit. (R) (T) 12.00 Quiz Call. 5.10 House Doctor. (R) (T) 5.35 Neighbours. (R) (T)

ITV1

5.30 ITV Morning News. 6.00 GMTV. (T) 9.25 The Jeremy Kyle Show. (T) 10.30 This Morning. (T) 12.30 Loose Women. (T) 1.30 ITV Lunchtime News. (T) 2.00 60 Minute Makeover. (T) 3.00 Dickinson's Real Deal. (R) (T) 3.59 London Weather. (T) 4.00 Midsomer Murders. (R) (T)

5.00 Golden Balls. Game show, hosted by Jasper Carrott. (T)

6.00 London Tonight; Weather. (T)

6.25 Party Election Broadcast. By the Liberal Democrats. (T)

6.30 ITV Evening News; Weather. (T)

7.00 Emmerdale. Donna is furious when she uncovers Ross and Marlon's scheme to knock Shane down a peg or two. Lexi gains inside information about Carl and Donald's plan to rebrand their company. (T)

7.30 Coronation Street. Leanne tries to reason with Paul about his threat, but Dan decides to call his bluff. A remorseful David receives a visit from Audrey, and Kirk introduces his girlfriend to Fiz. (T)

8.00 Extension Tension: Tonight. As falling house prices tempt property owners to extend their homes rather than move, Tonight investigates the confusing planning laws surrounding such projects. (T)

8.30 Coronation Street. Leanne and Dan realise they're up to their necks in trouble as Paul heads off to the police station. Liam spends the night on Carla's sofa after a tired Maria leaves the dinner party early, and Jason assures Becky things will be different this time round. Elsewhere, Audrey finally arranges to meet Ted. (T)

9.00 Benidorm. Wendy Richard guest stars as Kelly's mother Sylvia, who arrives to sort out Mateo but ends up involved in an unseemly slanging match when Madge accuses her of poaching her man. (T)

9.30 Teenage Kicks. Determined to make the most of his new freedom, Vernon opts to return to student life, but discovers his options are limited once he's spent his loan and an obscure institution in the Scottish Highlands is the only place that will take him. Comedy, with Adrian Edmondson, Ed Coleman and Laura Aikman. (T)

10.00 FILM: Lethal Weapon 3 (1992). Mel Gibson and Danny Glover return as the mismatched cops, this time tracking down a policeman-turned-crimelord. Action sequel, co-starring Joe Pesci. Continues after the news. (T)

11.00 The Late News and Weather; Weather. (T) 11.40 FILM: Lethal Weapon 3 (1992). Concluded. (T)

12.50 Nightwatch with Steve Scott: Crime. (R) (T) ITV News Headlines. 1.40 FILM: The Cutting Edge (1992). Skating drama, starring DB Sweeney. (T) 3.20 ITV Nightscreen.

LOCAL

RTP1
0630 Bom Dia Portugal 1000
Praça da Alegria 1300 News
1410 Prova de Amor 1515
Portugal no Coração 1800
Portugal em Directo 1905 O
Prego Certo 2000 Teleseles
2100 Contra 2130 Sabe Mais
que um Miúdo de 10 anos?
2230 Sexta, à Noite 0100 Wallis
and Edward, film 0400
Teleseles

RTP2
0700 EuroNews 0715 Zig Zag
1300 Discovery Hour 1400
Sociedade Civil 1530 da Terra
ao Mar 1600 National
Geographic 1700 Zig Zag 1830
A Fé dos Homens 1900 A Alma
e a Gente 1945 zig Zag 2045
Friends 2115 National
Geographic 2200 News 2245
O amor no Alasca 2330
Comunetary Hour 0030 Noltes
da 2 0115 Sempre em Pé 0215
Falco 0330 Sociedade Civil
0500 Euronews

SIC
0700 Floribella 0830 Sic Kids
1100 Fatima 1300 News 1400
Film TBA 1545 Film TBA 1730
Film TBA 1800 Bee Season
film 1900 Ganhar é Que se
Gente Se Entende 2000 News
2115 Chiquititas 2215 Paraíso
Tropical 2315 Vingança 0015
CSI Las Vegas 0415 Dorian,
film

TVI
0700 Diário Da Manhã 1000
Você na TV 1300 News 1400
Mundialito de Futebol da Praia
1700 Quem Quer Ganha 1745
Morangos com Açúcar - Férias
de Verão 2000 News 2115
Euromiões 2130 Ilha dos
Amores 2215 Doce Fugitiva
2330 Tu e Eu 0030 King Ralph,
film

Best of the Rest

BBC3
7.00 Top Gear 8.00 Almost
Famous 9.00 Doctor Who 9.45
Doctor Who Confidential 10.00
EastEnders 10.30 Heroes 11.25
Family Guy 11.45 Family Guy
12.05 Gavin & Stacey 12.35
Almost Famous 1.35 Child Stars
2.30 Blood, Sweat and T-Shirts
3.30 Gavin & Stacey 4.00
Spendaholics 4.55 Close

BBC4
7.00 World News Today 7.00
Weather 7.30 Swan Lake 9.00
Soul Britannia 10.00 BBC Four
Sessions 11.00 Van Morrison
on Later with Jools Holland 11.30
The Avengers 12.20 The
Avengers 1.10 BBC Four
Sessions 2.10 Soul Britannia
3.10 Van Morrison on Later with
Jools Holland 3.40 Close

ITV2
1.30 The Jeremy Kyle Show
2.35 The Jeremy Kyle Show
3.45 Ricki Lake 4.30 Sally Jessy
Raphael 5.20 The Montel
Williams Show 6.05 Judge Judy
7.00 Smallville 8.00 Britain's Got
Talent 9.00 American Idol 10.00
Katie & Peter: The Next Chapter
11.00 Coronation Street 11.30
Coronation Street 12.00 Film:
The Lost World: Jurassic Park
PG (1997) 2.25 Teleshopping
5.20 ITV2 Nightscreen 5.25 ITV2
Nightscreen

Sky One
1.00 Cold Case 2.00 Angel 3.00
Stargate SG-1 4.00 Stargate
SG-1 5.00 Futurama 5.30
Futurama 6.00 Futurama 6.30
Malcolm in the Middle 7.00 The
Simpsons 7.30 The Simpsons
8.00 Are You Smarter Than a 10

Year Old? 9.00 Ross Kemp in
Afghanistan 10.00 Film: Point of
Entry 15 (2007) 11.40 Battlestar
Galactica 12.40 Stargate
Atlantis 1.40 Road Wars 2.30
Angel 3.20 Deadwood 4.20 Dream
Team 5.05 Bite Size Brainiac
5.10 Guilty!

UKTV Gold
1.00 Last of the Summer Wine
1.40 Keeping Up Appearances
2.20 The Two Ronnies 3.00 Open
All Hours 3.40 My Family 4.20
Keeping Up Appearances 5.00
Last of the Summer Wine 5.40
Open All Hours 6.20 My Family
7.00 New Tricks 8.00 Dancing
with the Stars 9.30 Dancing with
the Stars 10.30 Film: Carry On
Emmanuelle 15 (1978) 12.15
Film: Phenomenon PG (1996)
2.35 New Tricks 3.25 Alistair
McGowan's Big Impression 3.45
The Bill 4.35 As Time Goes By
5.05 Sorry! 5.35 Neighbours

TCM
1.00 The Postman Always Rings
Twice PG (1946) 3.00 Royal
Wedding U (1951) 4.35 Soylent
Green 15 (1973) 6.15 How the
West Was Won PG (1963) 9.00
Beetlejuice 15 (1988) 10.40
Whose Life Is It Anyway? 15
(1981) 12.45 Arturo's Island 15
(1962) 2.25 The Four Horsemen
of the Apocalypse PG (1961)
5.00 The Safecracker U (1958)
The Disney Channel
Kids' programmes from 7am,
except: 6.00 Film: High School
Musical 2: Dance-Along U (2007)
Comedy sequel, starring Zac
Efron. 7.55 Film: High School
Musical: Sing-Along, Dance-
Along Version U (2006) Teenage
comedy drama, starring Zac
Efron.

MOVIES

Sky Movies Drama
7.00 Booky Makes Her Mark U
(2006) 8.45 Columbo Undercover
PG (1994) 10.20 What's Bugging
Seth? 12 (2005) 12.05 Her Own
Rules PG (1998) With Melissa
Gilbert. 1.35 Flashbacks of a
Fool Special 1.55 Cruel
Intentions 15 (1999) With Sarah
Michelle Gellar. 3.40 American
Mafia: From Street to Screen
4.40 Lost Behind Bars 15 (2006)
With Paget Brewster. 6.10 School
Ties PG (1992) With Chris
O'Donnell. 8.00 Cruel Intentions
15 (1999) With Sarah Michelle
Gellar. 10.00 Some Kind of
Wonderful 15 (1987) With Eric
Stoltz. 11.45 The Oxford Murders
Close Up 12.15 Idlewild 15 (2006)
With Andre Benjamin. 2.20 Nil
By Mouth 18 (1997) With Ray
Winstone. 4.40 Deep Family
Secrets PG (1997)

Sky Movies Comedy
6.00 Christmas in Boston PG
(2005) 7.30 Jane Austen's
Mafia! 12 (1998) 9.00 Like Mike
2: Streetball PG (2006) 10.40
Big Momma's House 2 PG (2006)
12.20 Three Amigos! PG (1986)
With Steve Martin. 2.10 Rush

(R) -repeat programme;
(T) -programme with teletext subtitles;
(S) -programme broadcast in stereo;
(bw) -black and white.

Hour 12 (1998) With Jackie Chan.
4.00 Maverick PG (1994) With
Mel Gibson. 6.15 Big Momma's
House 2 PG (2006) With Martin
Lawrence. 8.00 Three Amigos!
PG (1986) With Steve Martin.
10.00 Rush Hour 12 (1998) With
Jackie Chan. 11.45 Maverick
PG (1994) With Mel Gibson.
2.00 Jane Austen's Mafia! 12
(1998) With Jay Mohr. 3.40 Like
Mike 2: Streetball PG (2006)
5.30 Comedy Close Up

Sky Movies Action/Thriller
6.50 Shadow Conspiracy 15
(1997) 8.40 Fearless 15 (2006)
10.40 Last Action Hero PG (1993)
12.55 The Sentinel 12 (2006)
With Michael Douglas. 2.55 Down
'n Dirty 15 (2000) With Fred
Williamson. 4.45 Fearless 15
(2006) With Jet Li. 6.45 Last
Action Hero PG (1993) With
Arnold Schwarzenegger. 9.00
The Sentinel 12 (2006) With
Michael Douglas. 10.50 Black
Rain 18 (1989) With Michael
Douglas. 1.00 Salvador 18
(1986) With James Woods. 3.05
Vanishing Point 18 (1971) 4.55
Wing Commander PG (1999)

SPORT

Sky Sports 1
6.00 Premier League World 6.30
Live European Tour Golf. The
Asian Open. 10.30 Premier
League World 11.00 The Rugby
Club 12.30 World Hockey
Monthly 1.00 Premier League
World 1.30 European Tour Golf
5.30 Premier League World 6.00
Big League Weekend 7.00
Premier League Preview 7.30
Live Super League. Warrington
Volves v St Helens (Kick-off
7.30pm). 9.30 Live Friday Fight
Night. Wayne Elock v Darren
McDermott. 11.30 Premier
League Preview 12.00 Big
League Weekend 1.00 Premier
League Preview 1.30 Friday Fight
Night 3.30 Premier League
Preview 4.00 Big League
Weekend 5.00 Premier League
Preview 5.30 World Sport

Sky Sports 2
6.00 Good Morning Sports Fans
9.00 ATP Tennis 9.30 Live
Masters Tennis. The Monte Carlo
Masters. 5.30 High Five 6.00
High Five 6.30 Sports Adventure
7.00 Tight Lines 8.00 Live
European Rugby Union.
Worcester Warriors v Newcastle
Falcons (Kick-off 8.00pm). 10.00
Big League Weekend 11.00 NFL:
Total Access 12.00 Poker 1.00
European Rugby Union 3.00 Tight
Lines 4.00 Super League

Sky Sports 3
6.00 The Rugby Club 7.30 Premier
League Darts 11.00 Aerobics
Oz Style 11.30 Racing News

12.00 FIA GT Championship 1.00
NFL: Total Access 2.00 Rugby
League 4.00 WWE: Raw 7.00
World Sport 7.30 Golf Night 9.30
Premier League Preview 10.00
WWE: Late Night - Smackdown
12.00 WWE: Late Night - Bottom
Line 1.00 Super League 3.00
Sports Adventure 3.30 World
Sport 4.00 Masters Tennis

British Eurosport
7.30 Olympic Magazine 8.00
Rallying 8.15 F1: The Factory
8.45 Rallying 9.00 Snooker 10.00
Live Snooker. The World
Championship. 1.00 UEFA
Champions League 2.30 Live
Snooker. The World
Championship. 5.00 Eurogals
5.30 Live Futsal. Murcia v Dinamo
Moscow (Kick-off 5.30pm). 7.00
Live Snooker. The World
Championship. 10.00 Yoz
Magazine 10.30 World Rally
Championship 11.00 Rallying
11.15 UEFA Cup Football 12.30
Close

Sky Sports Xtra
6.00 WWE: Raw 9.00 World
Hockey Monthly 9.30 Rugby
League 11.30 UEFA Champions
League 12.30 UEFA Champions
League 1.30 Premier League
Darts 5.00 NFL: Total Access
6.00 UEFA Champions League
7.00 UEFA Champions League
8.00 Masters Tennis 10.00 Poker
11.00 Tight Lines 12.00 Golf
Night 2.00 Big League Weekend
3.00 UEFA Champions League
4.00 UEFA Champions League
5.00 Sports Adventure 5.30
World Hockey Monthly

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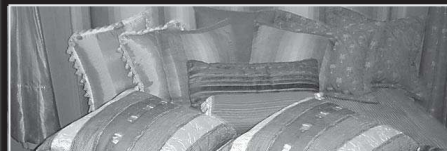
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JEHOVAH'S WITNESSES - Public Talk in English. Rua Bartolomeu Dias, Albufeira. (Next to the Junta da Freguesia). Sunday 1pm. Tel: 282 442 279. No collection.

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ENGLISH SERVICES IN OPORTO— GREATER GRACE now has contemporary worship in Porto as of 11/18; Featuring uplifting music and insightful Biblical teaching, our meetings take place in the Sala Grande at Hotel Peninsular, Rua Sá da Bandeira, 21 (behind the McDonald's in the Praça de Liberdade) while we continue our search for a permanent location. Service time is 16h (other service times are being considered for 2008). More information is available on www.NovaAurora.com, by email to nova.aurora@clix.pt or by calling 911 711 2736. We are also looking for reinforcements for our worship team, so come and meet us. More information about Greater Grace, including live and archived

services, can be seen at www.ggowo.org.

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ST. JAMES'S CHURCH, ANGLICAN CHAPLAINCY OF OPORTO Largo da Maternidade, Júlio Dinis. Sun. 11am Details from Chaplain (22) 609 1006. www.stjamesoporto.org

JEHOVAH'S WITNESSES - Public Talk in English. Praça Don Afonso V, 168. Sunday 10.30am. Tel: 226 160 976. No collection.

CALDAS DA RAINHA ANGLICAN EVENING WORSHIP IN ENGLISH. At 6:00pm on the first Sunday of each month. Held in the Evangelical Baptist Church, Rua Dr. José Soudade e Silva 27/29 (between Caldas da Rainha Railway Station and "Pingo Doce". All welcome.



To Be or Not To Be

The school where my husband and I work just started a week of spring break. All of our teachers and staff look forward to the break as do the students. On my desk beside the computer I have written out a long "To Do" list. Each item on the list is a reminder of something I hope to accomplish during this break from my usual work schedule. My husband's list is even longer than mine, though he usually does not put it on paper. During all of the years he has spent working in the field of education, he has always filled his breaks from school with tasks and projects that don't fit into his normal work week. Hopefully neither of us has listed more items than we can possibly accomplish. In fact, "relax and do nothing" might not be a bad addition to the list.

While there is nothing wrong with making a "To Do" list to remind us of the tasks we need to complete, there is another list that might prove even more valuable: a "To Be" list. As I look at my calendar and look around my house I see things that need to be done. As I spend time in God's Word each day, I see many character traits which are sadly lacking in my life. Some are merely too weak, not evident enough and need more attention. Others are non-existent and need to become a part of who I am in my relationship to God and others. While I

can't work for my salvation, the Bible does challenge me to work out the salvation that is mine through faith in Christ. As my love for my Savior grows, I am to be striving and growing in my passion and my obedience to Him.

In Galatians 5:22-23 Paul challenged the Galatian believers to be concerned with the development of their character. If we are letting His Spirit control our lives, God will produce the characteristics of "love, joy, peace, longsuffering, kindness, goodness, faithfulness, gentleness and self control." As I look again at these character traits I am convicted that there is a lot of room for improvement. I need to constantly be drawing nearer to Him, allowing Him to work in me to make me more of the person He wants me to be. God does not force His ways on His children. He leaves the choice to us. We can resist His internal work or cooperate while He works in us to make us what He designed us to be.

We would all do well to start keeping a "To Be" list. After all, it is not what we do, but who we are that is most important as we strive to reflect His love in this world.

More information about how to have a relationship with God can be found at www.rbc.org/personal_relationship_with_god.page

"This is also why you pay taxes, for the authorities are God's servants, who give their full time to governing. Give everyone what you owe him: If you owe taxes, pay taxes; if revenue, then revenue; if respect, then respect; if honor, then honor." - Romans 13:6-7



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Mobile: 914 781 453
Reader: Paul Luckman • Mobile: 917240123
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Please enquire about Baptism Services, Marriage Blessings, Funeral Services etc.

Announcements

LONELY? BORED? Come and join our happy helpers and fund-raisers, 3 to 4 hours a week (or more)! Our charity shops welcome you. Every Euro raised goes to animals rescued from distress. Call Nan Richards at the Donkey Sanctuary in Estômbar for details of our work. Tel.: 962 633 811.

CASA - WELL-KNOWN local social club (over 300 members) who raise money to help many needs in the area. Open to all, with a monthly newsletter of events and dinners (local venues for reasonable prices). Plus outings to interesting places in Portugal and Spain. Find out more by calling Mary 282 357 275.

INTERREGNUM - CHURCH has possible position for Anglican minister(s) holidaying or living in the Algarve during the next 6 months. Please call 917 240 123.

2 FEMALE GOLDEN Retriever found at Praia do Castelo, on Sunday, 13th of April. Light fur, well treated, looks like mother and daughter. Please contact: 919 995 608.

MAN WITH large van going to the UK on 23rd April will take anything legal. 282 357 837 / 919 020 249.

SOULKITCHEN Productions and Catch Casting are looking for new people as TV/FILM EXTRAS and ACTORS. Pictures and details will be taken on SATURDAY 26th APRIL at 14:00hrs at the Marina Club Hotel in Marina de Lagos. All ages welcome. For more info: 914 858 230 / www.soulkitchen.info

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Charities

THE ANIMAL charity shop in Montechoro needs volunteers to help in the shop & to transport animals to the vet or abandoned animal's home 'Quintinha dos Animais' at Goldra, which receives part of the shops profits. Any help appreciated. Lesley - mobile 962 414 584.

CAR BOOT Sale held every 3rd Sunday of the month at 'Restaurant Quinta dos Areões', adjacent to the veterinary clinic, in Espiche. Stallholders pay €3. All proceeds to help abandoned animals. Call Michele on 919 457 263 or e-mail me on Happyhounds@mail.telepac.pt for more information.

ABA CHARITY shop, Av. do Tenis, No 41D, Albufeira. Open Tues. to Sat. 10.30am till 2pm. Donations of bric-a-brac, clothes and books to be sold in the shop to raise funds for spaying and neutering of pets, to help stem the tide of unwanted animals, would be appreciated.

WANTED: THE donkey sanctuary needs your unwanted furniture, clothes, books and bric-a-brac for our charity shops in Lagoa and Monte Carvoeiro, all proceeds to aid donkeys in distress. We will collect larger items. Call Nan Richardson, mobile 962 633 811, for details of our work for animal welfare. Please help.

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New meeting in East Algarve, Tavira. English speaking meeting 7:30 Thurs. Largo de Pernambuco, Fracção B - Cave eq. Bloco 5, 8800 Tavira. Mobile 916 013 265.

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Thurs.: Pêra 7.30pm; Tavira 7.30pm. Fri.: Alcantarilha 1.00pm; Portimão 7.30pm.
Sat.: Alcantarilha 5.30pm. Call 919 005 590, 10.00-7.30pm. Portuguese AA 917 483 478. GSO Lisbon AA Tel.: 217 162 969.

ALCOHOLICS ANONYMOUS
- Pêra meeting has changed venue. It is now held at 7.30 at the Igreja de São Francisco, Largo de São Francisco (Nr the Italian Rest.) in Pêra. Please use the side entrance. We look forward to seeing you there. Queries call 919 005 590.

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Police refute Maddie claims as McCann camp point fingers

Portuguese PJ police have this week vehemently denied that a recent news piece aired by Spanish TV channel Telecinco had "consistently reproduced content of the investigation that was being guarded by secrecy of laws", denying leaks of statements made to PJ investigators last year by the couple. Kate and Gerry McCann, parents of missing toddler Madeleine, along with their spokesperson have however laid the blame at the PJ's door and ar-

gue the confidential information could have intentionally been handed over to Spanish media.

In a statement issued this week, the Portuguese PJ police's National Board of Directors explained how last week, the Spanish channel had aired a news item relating to the missing Madeleine McCann case "claiming it had exclusive access to alleged declarations from the McCanns to investigators about the disappearance of Madeleine", who disappeared

from the Ocean Club resort in Praia da Luz, Algarve, on May 3rd, 2007.

Telecinco reported that Gerry and Kate McCann, Madeleine's parents, had told PJ police that hours before she went missing their daughter had asked "Why did you not come to us when we were crying last night?", referring to herself, then three years old, and a younger sibling.

The letter states "The PJ would like to clarify it is entirely false that the news report reproduces any information consistent with the investigation and that it was under the secret of justice".

It has also been said that it was based on this news report that the McCann's spokesperson, Clarence Mitchell, publicly expressed his "certainty that it was the PJ who were responsible for its disclosure".

According to press reports, Clarence Mitchell attributed this leak of information to the PJ, considering it was done to "tarnish the image" of the missing girl's parents, at a time when the couple were in meetings in Brussels with a group of Euro-deputies.

Intended to raise awareness and promote new measures for finding missing children, on their Blog Gerry McCann wrote: "Our visit to the European Parliament on Thursday (10th) was the culmination of several months work. Kate and I presented a written declaration (see news and support) to the parliament asking for the introduction of an EU wide missing child alert system based on the US AMBER alert system. The AMBER system has been incredibly successful in rescuing

abducted children. France has adopted a similar system in the last 2 years, which has been activated 5 times with all children being recovered alive".

However, due to the recent events and alleged leaking of their police statements, the McCanns have reportedly decided the right conditions have not been attained for their return to Portugal, which was intended to carry out a detailed reconstruction of the night Madeleine McCann went missing from Praia da Luz, on May 3rd, 2007.

The PJ have been disappointed with "the spokesperson's non-sustained intervention, especially at a moment when significant steps were being made in the case".

Clarence Mitchell has nevertheless defended his stance by saying that the information released by Spanish Telecinco was "sufficiently" acknowledged by Kate McCann.

He reiterated his conviction that information supposedly protected by secrecy laws was made public and defied Portuguese police officers to explain the alleged leaks.

"We do not dispute the veracity of the declarations", he stressed, adding that they relate to information given to PJ between May and June 2007, before the couple were made *arguidos*, or official suspects in the case, which happened in September.

Also on his Blog Gerry McCann commented of the couple's recent trip to Brussels, "The day went extremely well although we were naturally asked questions about the Portuguese investigation, which are very difficult to



Kate McCann at a meeting of the European Parliament in Brussels on Thursday. (Photo: EPA/Benoit Doppagne)

answer for us, as we have had no direct dialogue with the Portuguese police."

He added "We were dismayed to learn that excerpts from our early witness statements were leaked to a Spanish TV station. These were taken out of context and there can be no doubts were designed to undermine our credibility. One has to question why these were leaked on the day when the media attention was huge and who benefits from such a leak? One

thing for certain is that it does not help to find Madeleine. We would certainly welcome an independent inquiry as to where the leaking of such sensitive information, contrary to judicial secrecy laws, has come from."

Meanwhile Faro police Chief Guilhermino Encarnação, who is in charge of coordinating the investigation into missing Madeleine, has brushed off criticism of his force, insisting the case was moving forward.

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